

# Pan Fried Okra

by Anand Lila devi dasi



*"Krishna is very kind.  
Therefore, He has given us  
his remnants of food stuff"*

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## Ingredients

Fresh okra, heads and tip trimmed off.....	900 gm
Chickpea flour (besan).....	3 Tbsp
Red chili powder.....	1/4 Tsp
Turmeric powder.....	3/4 Tsp
Salt.....	1 1/2 Tsp
Yellow asafetida powder.....	1/2 Tsp
Thick yogurt.....	3 Tbsp
Ghee/oil for pan frying	

## Preparation :

- 1.Wash the okra and dry thoroughly.
- 2.Whisk the rest of the ingredients except the ghee/oil in a small bowl until smooth and combine well with the okra.
- 3.Heat oil in a pan over moderate heat. Add the okra in a single layer and cook until they turn golden brown and crispy, turning often when required. Drain on paper towels. Serve hot.

Serves: Five-Six

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