

—Bhindi (Okra)

Ingredients: (I) Bhindi (okra) green, fresh and tender
(as required, say $\frac{1}{2}$ kg)
(II) green chillies (as available, say 4 no)
(III) oil (say one serving spoon)
(IV) (a) turmeric powder (one tea spoon)
(b) coriander powder ($1\frac{1}{2}$ spoon)
(C) chilli powder ($\frac{1}{2}$ teaspoon)
(D) mango powder ($\frac{1}{2}$ teaspoon)
(E) salt (about $\frac{3}{4}$ teaspoon)
(F) cumin seeds (one teaspoon)
(G) Dry chilli (as available, say one)

— method —

Bhindi to be cut in equal medium sizes. Each piece to be slit across the cut face. Heat oil in deep pan put cumin seeds in the pan after sputtering put green chilli already cut along the length. Add cut okras and put salt then stir the mixture in the pan. Cover the pan with lid on slow fire. After a little while lift the lid and stir the mixture frequently for required time, put the lid again and let the mixture be cooked for about 5-8 min in its own vapour. than add spices along with mango powder. Stir the mixture and cover it with lid again. Repeat the process of stirring till the okra is fully cooked and becomes crispy.

Ratnesh likes preparation because I cook it in home made spices on slow fire to cook under its own vapour and make it crispy.