

Spiced Okra Recipe

Ingredients: Serves 4

2 large onions, peeled
3 tablespoons (40g) butter or margarine
3-4 cloves garlic, crushed
salt and freshly ground black pepper to taste
2 teaspoons ground coriander
½ teaspoon turmeric
500g okra, trimmed and cut into ½-inch pieces
250g canned tomatoes
1 teaspoon chopped fresh mint or ½ teaspoon dried mint
2 teaspoons tomato paste
½ teaspoon garam masala

Method:

Slice 1 of the onions. In a saucepan over medium heat, melt butter. Add sliced onion and fry until soft, about 2 minutes. In a food processor or blender, liquidize or mince the other onion with the garlic. Add to pan with salt and pepper, coriander and turmeric and cook gently for 5 minutes, stirring occasionally. Add okra to pan and stir well. Cover pan, reduce heat and simmer very gently for 20 minutes. Add tomatoes, mint, tomato paste and garam masala and continue to simmer gently for 10-15 minutes, stirring occasionally. Adjust seasonings and serve hot with steamed rice and pappadams.

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