

- 1 pound bhindi or ladies finger or okra
- 3 or 4 tbsps of ghee
- ½ tsp cumin or jeera
- ¾ to 1 cup onions (finely chopped or processed)
- ¾ tbsp ginger garlic paste
- ¾ to 1 cup tomatoes (deseeded & chopped)
- celtic sea salt as needed
- 1 green chilli slit (optional)
- ¼ tsp turmeric
- ½ to 1 tsp red chili powder
- ¾ to 1 tsp garam masala
- ½ tsp kasuri methi (dried fenugreek leaves)
- Water as needed

How to make the recipe

Preparation for bhindi masala recipe

1. Wash bhindi under running water well. Drain them and wipe off with a clean kitchen cloth or tissues.
2. Chop off both the ends and discard them. Chop them to 3/4 inch pieces.
3. Heat 1 ½ tsp ghee in a pan. Saute bhindi on a medium flame for about 5 to 7 mins stirring often until they are partially cooked. At the end of this step bhindi should not be sticky.
4. Transfer them to a plate and set aside.

How to make bhindi masala recipe

1. Add 2 tbsps ghee more to the pan. Add cumin.
2. When they begin to splutter add onions and green chili. Saute them until they turn golden.
3. Add the ginger garlic paste and saute for 2 to 3 mins till the raw smell of the garlic goes away.
4. Add tomatoes and salt. Saute until the tomatoes turn soft and mushy.
5. Add red chili powder, turmeric and garam masala.
6. Mix everything well and saute until thickened
7. Pour ¼ to ½ cup water to cook the masala. Check the salt and adjust as needed. Do not add too much water.
8. Add kasuri methi and cooked bhindi. Mix everything well.
9. Cover and cook on a low to medium heat until bhindi turns slightly tender and the aroma comes out.
10. Open the lid and evaporate any excess moisture.