



## Recipe From Phyllis' Kitchen



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### INDIAN OKRA

2 tablespoons oil  
1 teaspoon cumin seeds  
1 teaspoon turmeric powder  
1 large yellow or red onion peeled and very roughly chopped  
1 inch piece of ginger root peeled and grated  
3 garlic cloves, chopped  
6 cups okra trimmed and cut into 1/4 inch rounds  
1-2 Thai or Serrano chilies chopped  
1/2 teaspoon mango powder (amchur)  
1 teaspoon garam masala  
2 teaspoon coarse sea salt  
Fresh cilantro chopped for garnish

Heat oil in deep heavy pan over medium high heat. Add cumin and turmeric. Cook until seeds start to sizzle about 30 seconds. Add the onions and cook until browned (2 to 3 minutes) this is a key step the large chunky pieces should brown all over and slightly caramelize. Add the ginger roots and garlic. Cook for a minute or two stirring occasionally.

Add the okra and cook for 2 minutes until the okra turns bright green and starts to get a tiny bit lacy. Add the chilies, mango powder, and if you like really spicy hot food and 1 tsp cayenne or red chili powder as well as the garam masala and sea salt. Cook for 2 minutes stirring occasionally. Reduce heat to low and partially cover the pan. Cook for about 8 minutes stirring occasionally

Turn off the heat and adjust the lid so. It covers the pot entirely. Let it sit for about 3 to 5 minutes to blend the flavors. Garnish with the cilantro and serve with brown rice.

The mango powder gets rid of the laciness and it is critical to dry the okra completely after washing it and before cutting it

Adapted from a recipe by Patricia Cummings