

INDIAN SPICE STUFFED OKRA

8 appetizer servings

There's no sliminess or odd texture to okra when it is prepared in this way, just tender little pods with a spicy kick that make a great appetizer. Pick young, small okra for the best results.

- 1 pound small okra
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- ½ teaspoon pure chili powder (not seasoning blend for chili con carne)
- ½ teaspoon dry mango powder
- ½ teaspoon salt
- 1 ½ teaspoon freshly ground black pepper
- ½ cup vegetable oil
- 1 cup thinly sliced red onion



Rinse the okra well, pat dry with paper towels, and trim away the tough stems. With a sharp paring knife, cut a slit in each okra but stop at least ¼ inch short of the end.

In a small bowl, mix the coriander, cumin, chili powder, mango powder, salt, and pepper. Using your thumb, open up the slit in the okra and stuff a generous pinch of the mixture into each one. Set aside.

Heat the oil in a large sauté pan over medium heat. Add the onion and sauté, stirring constantly, until it is golden brown, about 10 minutes.

Arrange the okra in a single layer in the sauté pan and reduce the heat to medium low. Cook turning occasionally, until the pods are light brown, about 20 minutes. Cover the pan and cook for 5 minutes, until okras are tender all the way through. Serve hot with India breads.

Substitute minced lime zest if you can't find mango powder otherwise called amchoor.



Ivy Manning

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