

Recipe Name: Okra Curry Without Coconut (Recipe In Hindi)

Diet Type:

Course: Dinner

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 200 gms Okra - 1 tsp Salt	4
• 1/4 cup Coconut Oil	
• 1 tsp Asafoetida	
• 1/4 cup Curry Leaves	
• 1/4 cup Tamarind	
• 1/4 cup Turmeric Powder	
• 1/4 cup Mustard Seeds	
• 1/4 cup Coriander Seeds	
• 1/4 cup Fennel Seeds	
• 1/4 cup Cumin Seeds	
• 2 tsp Salt	
• 2 tsp Sugar	

Preparation

- To make Kerala Style Vedakka inductions, first soak the tamarind in hot water for 10 minutes.
- Remove tamarind water from it and keep it aside.
- Now heat a pan.
- Add all the grinded spices to it and roast it for 1 to 2 minutes.
- Now pour it into the mixer grinder and grind it.
- Keep it aside.
- Add some coconut oil in the same pan.
- Add asafoetida, curry leaves and after 10 seconds add okra to it and let it cook for 2 minutes.
- After this, add 1 cup of water, turmeric powder, salt, cover the pan and cook till the okra is cooked.
- It will take 3-4 minutes.
- Now add ground spices and let it cook for 2 to 3 minutes.
- Serve.



- Serve Kerala Style Vedakka Upda with Chow Chow Thoran and rice for dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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