

Recipe Name: Kerala Style Vendakka Uppadan Recipe

Diet Type:

Course: Dinner

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 200 grams Bhindi (Lady Finger/Okra) - cut into 1 inch pieces	4
• Tamarind - small lemon sized	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1 tablespoon Coconut Oil	
• 1 teaspoon Mustard seeds	
• 1/4 teaspoon Asafoetida (hing) - powder	
• 1 sprig Curry leaves	
• Salt - to taste	
• 1 teaspoon Methi Seeds (Fenugreek Seeds)	
• 2 tablespoons Rice - raw	
• 2-3 Dry Red Chillies	

Preparation

- To begin making Vendakkai Uppadan Recipe (Kerala Style Okra Curry Without Coconut), soak the lemon sized tamarind in luke warm water in a bowl for 10 minutes and extract the juice out of it and keep aside.
- Grind them to a coarse mix using a Mixer grinder, and keep aside.
- Now, heat oil in the shallow fry pan on a medium flame, add the mustard seeds and let it crackle.
- Add the asafoetida and curry leaves and allow it to crackle.
- Add the tamarind extract and a cup of water, turmeric powder, salt and let the okras cook with the lid closed.
- This will take around 3-4 minutes.
- Now, add the spice mix and let it simmer for other 2-3 minutes.



Macronutrients

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