

Bindi Pyaza

1/3 cup Olive or Canola Oil
2 tsp Cumin seeds 2 tsp
2 tsp crushed red pepper flakes
1 tsp Nigella seeds (optional)
4 cups Okra (30 oz frozen, 3 bags)
2 medium red Onions, diced
1 tsp Ginger, grated
4 cloves garlic, minced
1 tsp Coriander powder
1 teaspoon Salt
1/4 cup Cilantro



Set oven to roast 400 F. Roast okra for ~15 min until dried out. Heat oil on high, add the cumin seeds, crushed red pepper flakes and nigella seeds and heat until they crack. Add the onions, ginger, garlic and cook ~4 min. Add the roasted okra. Stir frequently until everything is cooked. Add remaining ingredients except for the cilantro leaves. Cook uncovered on high (gas stove) or medium high (electric stove) until 100% of the strings from the okra have gone away. Turn off heat, add cilantro, test for salt, and serve with rice or naan.

Adapted from <http://priyaeasytastyrecipes.blogspot.com/2010/09/bhindi-do-pyaza.html>