

● okra stir fry

ingredients...

1/2 lb whole okra with ends cut off
1 medium sized tomato, diced
ginger, chopped finely
onions cut in rings
1/2 tsp cumin seeds
1/2 tsp turmeric, chilli and coriander powders
2 tbsps ghee
salt to taste
don't forget the love!

Heat ghee in a frying pan and let cumin seeds sizzle briefly. Add chopped ginger and okra and stir fry. Now add diced tomatoes, all powder spices and salt. Lower heat and cover to cook. When okra softens, raise heat again and stir in onions. Stir fry until moisture dries out without burning the vegetables, and serve.

works well with: mixed daal, chicken curry

5.

● chicken curry

ingredients...

2 lbs chicken thighs
1 large tomato, diced
1 medium sized onion, minced
3/4 cup yogurt for marinade
1 tsp ginger-garlic paste (or freshly minced ginger and garlic)
2 tbsps coconut oil
Whole spices: 1 stick cinnamon, 3-4 pods cardamom, 4-6 cloves, 1-2 bay leaves
Powdered spices: 1 tsp each turmeric powder, chilli powder, coriander powder and cumin powder
1/2 tsp garam masala powder
salt to taste
cilantro leaves for garnish
don't forget the love!

Beat yogurt with a pinch of salt and turmeric, and ginger-garlic paste (if using paste form). Make small cuts in surface of chicken pieces and marinade in yogurt mix overnight or a minimum of 4 hours. In a saucepan, heat coconut oil, add in whole spices and allow to sizzle. Add minced onions and ginger-garlic and fry, then add in chicken pieces from marinade. Allow meat to turn color and add diced tomatoes. Then add all powder spices and salt, and fry well. After oil leaves the mixture, add remaining yogurt from marinade and cover to cook on medium heat until meat is tender. Garnish with garam masala powder and fresh cilantro leaves.

works well with: mixed daal, seared eggplant

6.