

Bitter Bhindi (Bitter Melon and Vegan Okra Recipe)

Ingredients

- 3 cloves garlic
- 1 chili pepper
- 1 medium onion
- 1 tsp. grated fresh ginger
- 2 medium-sized tomatoes
- 1 lb. fresh okra
- 1 large bitter melon (about ½ lb.)
- ¼ cup olive oil
- 1 tsp. cumin seeds
- ½ tsp. ground turmeric
- ½-1 tsp. black salt (kala namak)
- Salt and pepper, to taste

Steps

1. Start by preparing all your vegetables. Mince the garlic and chili, dice the onion, and grate your ginger. Chop the tomato into small pieces, and cut the okra into pieces down the length. Peel the bitter melon, remove the seeds, and chop into pieces about the same size as your okra.

2. Heat your oil in a large skillet. Add the cumin seeds, and cook, stirring, until they start to pop. Add the diced onion, and cook for a couple minutes, until fragrant. Add the garlic, ginger, and chili pepper, and cook for another couple minutes, stirring. Add the turmeric and tomatoes, mix well, and add the okra.

3. Cook the okra for several minutes, stirring occasionally, until there begins to be some darkening. Add the bitter melon, and cook until softened. Turn off the heat and add black salt, starting with ½ tsp. and adding a second ½ tsp. if desired. Season with regular salt and pepper, and serve. Delicious with rice!

