

Spiced Okra

Also Known As

Course	Yield	Type of Food	Main Ingredient
Side Dish	4 servings	Vegetable	Vegetable

Comments

You have to be either southern or a very adventurous eater to dive into okra, but if you can this is a very delicious side dish.

Prep Time 10 minutes **Cooking Time** 10 minutes **Ethnic Origin** American

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

		Pre-Heat? <input type="checkbox"/> Yes	Temperature	Grease Pan? <input type="checkbox"/> Yes	
Measure	Ingredient		Measure	Ingredient	
1 Tbs.	cumin, ground				
.5 tsp.	turmeric				
.25 tsp.	asafetida				
1 tsp.	chili powder				
.25 tsp.	sea salt				
.25 cup	lemon juice				
1 tsp.	Dijon mustard				
.5 lb.	okra, cut off stems and quarter lengthwise				
.25 cup	vegetable oil				

Instructions

- Mix cumin, turmeric, asafetida, chili powder, salt & lemon juice in a small bowl.
- Add mustard & mix into a wet paste.
- Pour a little of the paste into each okra quarter.
- Spread remaining paste all over the outside of the okra.
- Sprinkle with salt.
- Heat oil in a skillet & fry okra, covered, till tender, about 10 minutes, turning them once.