



BIG B GROCERY

YOUR LOCAL MEAT STORE
"AMERICAN OWNED AND OPERATED"

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BIG B KNOWS WHAT IT TAKES TO FEED A FAMILY

OKRA

1/2 tablespoons Basic Ginger-Garlic Paste or store-bought

_ teaspoon Chaat Masala or store-bought

_ 1/2 pounds fresh okra, rinsed and patted dry

_ tablespoons peanut oil

_ tablespoon fresh lemon juice or lime juice

_ tablespoon ground coriander

_ teaspoon ground cumin

___ teaspoon cayenne pepper, or to taste

___ teaspoon salt, or to taste

_ tablespoons finely chopped fresh cilantro

1. Prepare ginger-garlic paste and chaat masala. For each okra cut off the very end of the stem and discard. Then make a long slit on one side from the stem down, stopping 3/4 inch from the tip. (Do not cut the okra into 2 pieces; both sides should remain attached at the tip.)

Transfer to a bowl.

2. In a small bowl, mix together the oil, ginger-garlic paste, lemon juice, coriander, cumin, cayenne pepper, and salt and add to the okra. Toss to mix, then spread evenly on a baking sheet or broiler pan.

3. Preheat the oven to broil or preheat the broiler then cook the okra 4 to 5 inches from the heat source until the tops are brown, 3 to 5 minutes.

4. Turn off the broiler and preheat the oven to 450°F. Place the okra on the lowest rack in the oven and bake until the bottoms of the okra are golden, 3 to 5 minutes. Transfer to a bowl and set aside. (With the okra subjected to heat once from the top and once from the bottom, there is no need to stir.) Transfer to a serving dish, sprinkle the cilantro and chaat masala on top, and serve.

Stir-fried okra flavored

For best results, dry wash okra thoroughly before slicing it, and add salt only after it is fully cooked, since salt causes the vegetable to exude moisture, which can make it slimy during cooking. (Use 1/4 lb of okra with this recipe)

BHINDI (OKRA) MASALA

Serve four

2 tablespoons vegetable oil
2 medium onions, finely chopped
1 1/2 teaspoons fresh ginger, peeled
1 1/2 teaspoons garlic
1/2 teaspoon turmeric
2 teaspoons ground coriander
2 teaspoons ground cumin
Course salt
2 whole tomatoes, chopped
1 teaspoon chili powder, or more to taste
1/2 green bell pepper, chopped
1 teaspoon Garam Masala

RECIPE

1. Grind ginger into a paste using a small food processor.
2. Heat oil in large skillet, over medium heat, add onions, and sauté until translucent, about 5 minutes. Add ginger-garlic paste, turmeric, coriander, cumin, and salt; cook, stirring 1 to 2 minutes.

3. Add tomatoes, chili powder, okra, and green peppers. If mixture appears dry, add 1/4 cup water. Add garam masala, and cooked covered, 15 to 20 minutes.

Garam Masala

Makes 7 1/2 teaspoons

1 teaspoon cardamom pods
1 dried bay leaf
1/2 teaspoon whole cloves
1/4 teaspoon black peppercorns
1 teaspoon cumin seeds
1/2 teaspoon coriander seeds
1 stick cinnamon
1/2 whole nutmeg

RECIPE

Toast all spices for garam masala in small sauté pan, over medium heat, about 5 minutes until fragrant. Allow to cool in the pan. Transfer contents to a spice grinder and grind to a fine powder.

BIG B CHOICE

Ingredients

2 teaspoon cumin seed
2 teaspoon coriander seed
1/2 teaspoon fennel seed
1/2 teaspoon ground cayenne
1/4 teaspoon turmeric
3 tablespoon vegetable oil
1/2 lb okra; trimmed and left whole, o
2 cup finely chopped onion
2 cloves pressed garlic
1 tablespoon grated fresh ginger
1 1/2 cup finely chopped peeled fresh; or 1 small can whole tomatoes
1 salt to taste

1 cup hot water (or use juice from canned; tomatoes if using them)

3 tablespoon chopped cilantro

Directions: How to Cook Indian Okra and Tomatoes

Grind cumin, coriander and fennel seeds in a mortar and pestle. Mix with cayenne and turmeric and reserve. Heat oil in a large non-stick skillet over medium-high heat. When the oil is very hot, add the okra in a single layer and fry without stirring for 1 minute. (If using frozen okra, thaw enough to separate, rinse to get rid of any remaining frost crystals and pat dry with paper towels before browning.) Continue cooking for 3 or 4 minutes more, turning the okra until lightly browned. Remove the okra from the pan with a slotted spoon and set aside.

Add the onion to the hot oil and cook until light golden, about 5 minutes, stirring frequently. Add the garlic and ginger and cook, stirring constantly, until the mixture turns caramel brown, about 8 - 10 minutes.

Add the spice mixture and stir for a few seconds, then add the tomatoes. Reduce the heat to medium and cook, stirring, for 3 minutes or until mixture thickens and become pulpy. Add the fried okra, salt, and hot water. Stir to mix and bring to a boil. Lower the heat to simmer and cook, covered, until the okra is tender (about 20 minutes) and the sauce is thick. Stir in a little of the cilantro and garnish the dish with what's left.

Serve with white or brown basmati rice.