

¼ teaspoon salt
 ¼ teaspoon ground turmeric
 Peanut or canola oil, for shallow frying
 ½ pound fresh young okra, tops and tails removed and then cut crosswise into ¼-inch-thick rounds

10 fresh curry leaves (use fresh basil leaves or holy basil leaves as a substitute)
 Freshly ground black pepper
 Pinch of cayenne (optional)

Combine the salt, turmeric, and 1½ teaspoons of water in a small bowl and set aside.

Put the oil to a depth of ¾ inch in a 7- to 8-inch frying pan and set over a medium flame. When hot (a piece of okra should sizzle when dropped in), put in the okra and curry or basil leaves. Stir once and then sprinkle the turmeric mixture evenly over the top. Stir and fry for about 5 minutes. Now turn the heat down just a bit and continue to fry until the okra is crisp. If it begins to darken, turn the heat down just a little bit more. The frying should take about 12 minutes. Remove the okra and leaves with a slotted spoon and drain on paper towels. Taste and then sprinkle with extra salt, if needed, as well as some black pepper and, if you like, cayenne over the top. Toss to mix and serve.

SERVES 3 TO 4

Okra with Tomatoes

THE INDIANS OF UGANDA

Mayai Wara Bhinda

This dish may be served plain, the way it is here, or, as is more common among those of Indian-Muslim descent in Uganda, with a topping of scrambled eggs or even an omelet. In its plain version, it is generally served with flatbreads or any crusty bread, dried bean or split pea dishes, yogurt relishes, and fresh chutneys.

¼ cup peanut or canola oil
 1 pound fresh okra, tops and tails removed and then cut crosswise into ¼-inch-thick rounds
 3 medium tomatoes (12 ounces), peeled (page 300) and chopped
 2 medium garlic cloves, peeled and mashed to a pulp

2 tablespoons fresh lime juice
 ½ teaspoon ground coriander
 ½ teaspoon ground cumin
 ¼ teaspoon ground turmeric
 ⅛ to ¼ teaspoon cayenne
 ¾ teaspoon salt, or to taste
 Freshly ground black pepper to taste

(recipe continues)

6/29/12 w/ Yellow squash & poblanos
 10/12/11 w/ cubed chicken added for a meal-like stew
 Cooking times shorter, but delicious!

Put the oil in a large, preferably nonstick frying pan and set ⁵⁻⁶ over medium-high heat. When hot, put in the cut okra. Stir and fry for 7 to 10 minutes. When the okra starts to brown, turn the heat down to medium and cook, stirring, another 3 to 4 minutes. The okra will have browned a bit more. Turn the heat down to low and cook 2 to 3 minutes, or until the okra is almost tender. Now put in all the remaining ingredients. Stir gently and cook on low heat for 4 to 5 minutes, or until all the flavors have melded and the tomatoes have dried a little. Check for salt, adding more if you need it.

SERVES 3 TO 4

Nasreen Rehman's

Fried Okra with Onions

PAKISTAN

Tali Hui Bhindi

In this Pakistani recipe, okra is cut into longer, somewhat diagonal strips and then fried along with finely sliced onions. When crisp, the combination is drained and tossed with popped mustard seeds and browned whole chiles. Serve with any South Asian, Middle Eastern, Greek, or Turkish meal.

Peanut or canola oil for shallow frying	1 smallish onion (3 ounces), peeled, halved
2 dried hot red chiles	lengthwise, and then cut crosswise into
1½ teaspoons whole brown mustard seeds	very thin slices
½ pound fresh young okra, tops and tails	Salt
removed and then cut on a diagonal into	Freshly ground black pepper
⅛-inch-thick rounds	

Put the oil to a depth of ¾ inch in an 8- to 9-inch frying pan and set over a medium flame. When hot, put in the red chiles. As soon as they darken, use a slotted spoon to transfer them to a small bowl. Put the mustard seeds into a long-handled metal cooking spoon, hold it with a dish towel or oven mitt, and lower it into the oil. As soon as the mustard seeds begin to pop, a matter of seconds, remove the spoon, pouring back as much oil as you can into the frying pan but retaining all the mustard seeds. Put the mustard seeds into the little bowl with the chiles. Now put the okra and onion into the frying pan. Stir and fry for about 5 minutes. Turn the heat down just a bit and continue to fry until the okra and onion are crisp. If they begin to darken too much (the onion should turn a reddish-brown), turn the heat down just a little bit more. The frying should take about 12 minutes. Remove the okra and onion with a slotted spoon and drain well