

Bhendi

Bhendi Seeds in india

Ingredients: 500 gm bhindi (ladies fingers)-washed and wiped dry
a large pinch of hing (asafoetida)
1 tsp jeera (cumin seeds)
salt to taste
1 tsp amchur (mango powder)
1/2 tsp chilli powder
oil for deep-frying

Method :

Chop off the top stalk end and the tail of the ladies fingers. Slice them into 1/2 cm/1/4 in diagonal thick rounds.

Heat the oil until a piece of vegetable if dropped in floats up to the surface of the oil at once. Add the chopped bhindi so as to cover each bhindi piece in the oil. Fry over high heat for about 2 minutes. Then lower the heat and fry till crisp.

Lift the pieces out with a slotted spoon and leave to drain on absorbent paper napkin. Repeat in the same way till all the bhindi are fried. Set aside.

Heat about 1 tbsp oil. Add the asafoetida and cumin seeds. When the seeds splutter add the fried ladies fingers, salt, mango powder and chilli powder. Mix well while lightly sauteing and serve.

Indian okra, also called 'Ladyfinger' and 'Bhindi' in Hindi. Indian variety of Okra has become very popular in markets for its high quality. Plants are medium tall, vigorous and prolific. Pods are thin, and very tender.

Okra is a rich source of many nutrients, including fiber, vitamin B6 and folic acid.

Packing : Packed in corrugated boxes of 5kgs to 10 Kgs.each as per requirement.



Propagation and Planting :

Propagation is through seeds. Soak seeds overnight in warm water before sowing to improve germination. Seeds can be sown 1 inch deep in pots or seed trays or directly on the ground 12 to 18 inches apart or three to four seeds per foot, in single rows. Seedlings are ready for transplanting when they reach a height of 10-15cm. Rows should be kept 3 to 5 feet apart. Plants branch out only when they reach a height of 30-40cm.



Contact Us

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