

# Okra & Tomato Curry

*Taste This!*

Howard County Farmers' Market  
August 10, 2018

## Ingredients:

3 Tbs	Oil
1 lb	Okra
1-2 Tbs	Garbanzo flour
Salt	
1	Onion, medium
1 inch	Fresh Ginger, diced
2-3 cloves	Garlic, diced
2 tsp	Cumin
2 tsp	Coriander
1/2 tsp	Turmeric
1/4 -1/2 tsp	Cayenne Pepper
2 cups	Tomato, diced
1	Jalapeño, chopped (optional)
1/4 cup	Cilantro leaves
1/4 tsp	Garam Masala
1/2	Lemon - juiced

## Optional Ingredients:

1/2 - 3/4 cup coconut milk  
1 can garbanzo beans, drained

## Directions:

- 1) Wash okra, slice into even slices, toss with garbanzo flour and cook until nicely browned in skillet with 2 to 3 tablespoons oil. Salt while cooking and then set aside.
- 2) Brown onions in pan with small amount of oil.
- 3) Add ginger and garlic, then cook another minute or two.
- 4) Add cumin, coriander, turmeric, cayenne and jalapeño (optional). Mix and cook another minute.
- 5) Add tomatoes and cook until tomatoes are soft and start to break up just a little.
- 6) Add the cilantro, garam masala, lemon juice and cooked okra.
- 7) If using garbanzo beans or coconut milk add now) let simmer just a couple minutes on low.
- 8) Serve with rice.