

# ACHARI BHINDI

No. of Pax. – 04

<b>Ingredients</b>	<b>Qty.</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>
Ladies Finger	400 gms.	7.6	0.8	25.6
Onion	200 gms.	2.4	0.2	22.2
Ginger	35 gms.	0.805	0.315	4.305
Garlic	15 gms.	0.945	0.015	4.47
Tomato Puree	80 ml.	0.72	0.16	2.88
Small Cardamom	2 gms.	N/A	N/A	N/A
Large Cardamom	1 gm.	N/A	N/A	N/A
Clove	1 gm.	N/A	N/A	N/A
Cinnamon Stick	1 gm.	N/A	N/A	N/A
Mace	.5 gms.	N/A	N/A	N/A
Nutmeg	1/4 <sup>th</sup> Pcs.	N/A	N/A	N/A
Black Mustard	1 gm.	N/A	N/A	N/A
Whole Cumin	1gm.	N/A	N/A	N/A
Whole Coriander	1 gm.	N/A	N/A	N/A
Sweet Fennel	1 gm.	N/A	N/A	N/A
Bay Leaf	1 pc.	N/A	N/A	N/A
Black Peppercorn	2 gms.	N/A	N/A	N/A
Red Chilly Whole	2 gms.	N/A	N/A	N/A
Turmeric Powder	10 gms.	0.63	0.51	6.94
Red Chilly Powder	5 gms.	0.795	0.31	1.58
Coriander Powder	5 gms.	0.705	0.805	1.08
Cumin Powder	5 gms.	0.935	0.805	1.08
Mixed Pickle	15 gms.	0.105	0.015	17.58
Jaggery	10 gms.	0.04	0.01	9.5
Vinegar	10 gms.	0.207	Nil	0.08
Seasoning	As Reqd.	N/A	N/A	N/A
Refined Oil (To Fry)	150 ml.	Nil	45	Nil
Charmagaj	35 gms.	11.935	18.41	0.28
Total		27.822	67.355	97.575

**Total Nutritive Value** - **192.752gms.**  
**Total Calorific Value** - **1107.783kcal.**

## PROCEDURE

1. Wash, slit all ladies finger and deep fry them till done.
2. Prepare a smooth broiled powdered masala with all whole spices.
3. Slice onion according to Indian style slicing, deep fry them till golden brown and make a paste with tomato puree.
4. Prepare smooth ginger garlic paste. A smooth Charmagaj paste also.
5. In a pan add little oil and ginger garlic paste and fry till the raw flavour goes off.
6. Add the brown onion paste and all the powdered spices and prepare smooth gravy.
7. Add fried ladies finger and cook till gravy goes deep inside the ladies finger.
8. Adjust the seasoning with jaggery, vinegar & salt.
9. Add Charmagaj milk and just before removal add chopped mixed pickle and serve hot.

**Texture** - Semi thick gravy.  
**Colour** - Golden brown.

