

## Fried Okra with Cumin

### Ingredients

3 tbs. ghee  
1 large onion, cut in half, thinly sliced  
1 pound okra, tops trimmed, washed and patted dry  
1 large tomato, coarsely chopped  
1 tsp. Cayenne pepper  
2 tbs. Ground cumin  
3 garlic cloves, finely chopped  
salt  
freshly ground black pepper. Method

In a medium heavy skillet, heat the ghee over medium high heat. Add the onion and cook until golden brown, Regulate heat accordingly to prevent burning. Add the okra, tomato, cayenne, cumin and garlic. Continue frying while gently turning the vegetables. Cook until the okra is tender and most of the liquid has been reduced. Season well with salt and freshly ground black pepper. Serve immediately.

Serves 4