

# Achari Bhindi Recipe / Pickled Okra Fry



## Pickled Okra fry

Achari Bhindi Recipe / Pickled Okra Fry is a tasty and classic north Indian dish, goes very well with rice / paratha/ roti. Making achari bhindi is very simple, first shallow fry the okra, then sauté it with onion, tomato, green chilly and curry powder. Finally stir it with readymade pickle. Here I used

Ahmed mixed pickle. Usually tempering is done with panchphoran, I didn't use that instead I added the pickle which has panchphoran so it added the flavor to this dish. So try this flavorful okra stir fry for parath or roti.

## How to make achari bhindi recipe at home

# Ingredients for Achari Bhindi Recipe

## To Shallow Fry

- 250 gms of Okra / bhindi / lady's finger
  - 2 Tbsp of Oil

## To Saute

- 2 Tsp of Oil
- 1/2 Tsp of Mustard seeds
  - 1 Tsp of Cumin
  - Pinch of Asafoetida
  - 1 Red Onion, Sliced
  - 1 Green Chilly, Slit
- 4 Garlic Cloves, Crushed
- 2 Tsp of Sambhar Powder / Curry Powder
  - Pinch of Garam Masala
  - 1 Tomato, Chopped
- 2 Tbsp of Achaar / Pickle ( I used Ahmed Pickle)
  - Salt to taste

## Method for Achari Bhindi Recipe

- Wash and cut the lady's finger lengthwise.
- In a shallow pan, add oil, when it is hot, add okra, keep frying till it reduces in size and cooked. Keep it aside.
- Heat a pan with oil, when it is hot, add mustard seeds, cumin and asafoetida, after mustard seeds pops up, add onion, fry till golden brown.
  - Add green chilly and garlic, fry till it becomes soft.
- Add sambar powder and garam masala, fry well for a min in a low flame, add tomato, fry till turns soft.
- Add shallow fried okra and salt, keep on stirring in a medium flame.
- Finally add the pickle, mix well, cook for 2 mins and turn off.
  - Serve hot with rice or chapathi or roti.

## Tips

- You can deep fry the okra instead of shallow frying like I did.
- If you don't have curry powder or sambar powder, add 2 tsp of coriander powder & 1 tsp of red chilly powder.
  - If you have amchur powder, add that too.

# Achari Bhindi



Tags: [achari bhindi](#), [achari bhindi recipe](#), [bhindi recipe](#), [okra stir fry](#), [okra recipe](#), [bhindi side dish recipe for chapathi](#), [ladysfinger fry](#), [bhindi achari](#), [how to make achari bhindi](#), [prepare achari bhindi](#), [easy bhindi dish for roti](#), [pickled okra fry](#)

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## [Ricotta Cheese Peas Sandwich](#)

# / Ricotta Sandwich



*Ricotta Cheese Peas  
Sandwich*

Ricotta Cheese is an Italian whey cheese made from sheep (goat/cows) milk whey. You can make your own ricotta cheese at home, they are very simple. They are excellent source of protein, calcium and vitamins. In every single cup, you got 27 gms of proteins. If you are vegetarian like me, you can take a lot of protein from ricotta. If you are weight conscious, they buy fat-free ricotta. Coming to the recipe, Ricotta cheese peas sandwich is a yummy, healthy and filling sandwich made with ricotta cheese, peas and other flavorful spices. Cumin and dry methi gives a nice flavors, ricotta adds a creamy texture to this sandwich. If you don't get ricotta cheese in you place, you can substitute with paneer or tofu. Serve this sandwich with any soup or any fruit juice for complete breakfast.

## **How to make Ricotta Cheese Peas Sandwich**

# Ingredients for Ricotta Cheese Peas Sandwich

Preparation Time: 10 mins    Cooking Time: 15 mins    Serves:2

- 1/4 Cup of Ricotta Cheese
- 1/2 Cup of Peas (Frozen Peas)
  - 1 Tsp of Cumin Seeds
- 1 Red Onion, Finely Chopped
  - 1 Green Chilly
  - 1 Garlic, Crushed
- 1 Small Tomato, Chopped
- 1/4 Tsp of Turmeric Powder
- 1/2 Tsp of Red Chilly Powder
  - 1/2 Tsp of Garam Masala
- 1 Tsp of Dry Methi Leaves (Kasuri Methi)
  - Salt and Pepper to taste
- Few Coriander leaves(cilantro), chopped
  - 2 Tsp of Butter to toast
  - 2 Tbsp of Raw onion



*Ricotta Cheese Sandwich*

## Method for Ricotta Cheese Peas Sandwich

- Heat a pan with oil, add cumin seeds, after it sizzles, add onion, garlic and green chilly, sauté well until it turns golden brown.
- In a medium flame, add turmeric powder, red chilly powder, garam masala, sauté well for 1 min.
- Add peas and tomato, fry for a min and add water, cover and cook it for 2-3 mins. Open the lid, add salt, pepper and dry methi leaves. Turn off the flame.
  - Finally add ricotta cheese and cilantro, mix well.
  - Toast the bread with some butter.
- Assemble the sandwich by placing ricotta cheese stuffing, add raw onion, on one bread. Place the other bread on top. Gently press both the bread together.
  - Slice the sandwich diagonally to create finger sandwich.
- Yummy, healthy ricotta cheese peas sandwich is ready to serve with soup or fruit juice.

### Tips

- You can have mayonnaise or any cheese or any dressing in your sandwich.
  - If you have lettuce, use that in your sandwich.
  - Add any veggies of your choice like mushroom.
  - Add ghee in place of butter.
  - Substitute paneer in place of ricotta cheese.



Tags: [ricotta Cheese Peas Sandwich](#), [ricotta cheese sandwich recipe](#), [cheese sandwich](#), [peas sandwich](#), [healthy sandwich](#), [ricotta sandwich](#), [breakfast sandwich](#), [high protein sandwich](#), [lunch sandwich](#), [sandwich ideas](#), [vegetarian sandwich](#), [paneer substitute sandwich](#).

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# SUKKU MILAGU KUZHAMBU RECIPE / SUKKU KUZHAMBU



Sukku Milagu kuzhambu Recipe / Sukku Kuzhambu / Dry Ginger Pepper kulambu is a South Indian style medicinal kuzhambu recipe. Sukku (dry ginger ) has a lot of medicinal properties. It is used to treat cold, cough, headaches, fever and very good for digestion. So I always keep sukku powder in my kitchen. Whenever I get headache, I make a paste with sukku

powder and water, apply it directly to the forehead. They are really effective to cure headache. I already posted lot of medicinal kuzhambu recipes like [milagu kuzhambu](#), [manathakali kuzhambu](#), [vendhaya kuzhambu](#), [Thuthuvalai kuzhambu](#) recipes. Coming to the sukku kuzhambu recipe, they are mildly tangy, flavorful and spicy in taste. This kuzhambu is very healthy, so try to include in your diet. I had this kuzhambu with hot rice, papad and [cabbage fry](#).

## **How to make Sukku Kuzhambu** **Recipe**

# Ingredients for Sukku Milagu Kuzhambu Recipe

Preparation Time: 10 mins    Cooking Time :25 mins    Serves:3

- 1 Red Onion, Finely Chopped
  - 10 Garlic Cloves
- 1 Medium Size Tomato, Finely Chopped
  - 1/2 Tsp of Turmeric Powder
    - Grape Size Tamarind
    - Pinch of Jaggery
    - Pinch of Asafoetida
      - Salt to taste
  - To Grind**
    - 3 Tbsp of Coconut
    - 1 Tbsp of Pepper
- 3/4 Tsp of Dry Ginger Powder (sukku powder)
  - 1/2 Tsp of Cumin
  - 2 Tsp of Sambar Powder
  - 1 Tsp of Coriander Powder
    - To Temper**
      - 2 Tbsp of Gingelly Oil
      - 1 Tsp of Mustard Seeds
        - 1 Tsp of Urad Dal
      - 1/2 Tsp of Fenugreek Seeds
        - Few Curry Leaves

## Method for Sukku Milagu Kuzhambu Recipe

- Place the tamarind in a warm water for few mins and extract the juice. Keep it aside.
- Grind coconut, sukku, pepper, cumin, sambar powder and coriander powder with little water.
- Heat a pan with oil, add all the ingredients listed under " To Temper" when mustard seeds pops up, add onion, turmeric powder and garlic, fry well until onion turns golden brown colour. Add tomato and fry for a min.
- Now add ground mixture, fry for a min. Add tamarind water and salt, bring it to a boil. Simmer it for 15 mins until kuzhambu turns thick in consistency.
  - Finally add a pinch of jaggery and asafoetida. Turn off the flame.
  - Hot, delicious sukku kuzhambu is ready to serve.

## Tips

- If you don't have sambar powder, instead add 2 tsp of coriander powder, 1 tsp of red chilly powder.
- My tamarind is very tangy even in small amount, so I used grape size. If yours is not that tangy, add little more.
  - Gingelly oil adds a nice taste. You can also use any cooking oil.
  - If you have dry ginger, use that instead of using dry ginger powder.
    - Add small onions in place of big onions for great taste.



Tags: [Sukku Milagu Kuzhambu Recipe](#), [sukku kuzhambu](#), [sukku recipe](#), [sukku milagu kuzhambu](#), [dry ginger kulambu](#), [pepper dry ginger kulambu](#), [how to make Sukku Milagu Kuzhambu Recipe at home](#), [Kuzhambu Recipes](#), [south indian kulambu recipes](#), [medicinal kuzhambu recipes](#), [easy no vegetable kuzhambu recipe](#).