



Stuffed bhindi

16.1 Stuffed Bhindi or Okra: The main ingredient is the stuffing which consists of garam masala, turmeric powder salt etc and then dry roasted baisin is used and deep fried . Mustard oil adds more aroma but depends on individual taste.



Stuffed karela

16.2 Stuffed Karela: It is stuffed Bitter gourd which is a very key vegetable for controlling diabetes. It is a Punjabi dish where the Karela is washed slit and stuffed with salt to marinate. This helps in removing the bitterness and gives the softness to the vegetable. Then it is stuffed with the required spices, tomatoes and onion and then deep fried by tying the karela to avoid the spices from falling out.