

## Ingredients

Quantity:	Measure:	Ingredients:
2	Kilogram	Prawns
500	Grammes	Lady Fingers
200	Grammes	Onions
50	Grammes	Tamarind
10	Flakes/Seeds/Cloves	Garlic
1	Inch	Ginger
30	Grammes	Chillies Green
0.5	Teaspoon	Turmeric Powder
100	Ml.	Cooking Oil
2	Nos	Coconut scraped (fresh)
A	Little	Salt

## Method

Shell and de-vein the prawns. Wash well. Slit green chillies. Slice ginger, garlic and onions. Grate and grind coconuts to a fine paste. Heat oil. Add sliced onions and sauté lightly. Add coconut, sliced garlic, ginger, green chillies and turmeric. Add prawns and enough water to cook prawns. Wipe lady fingers with a damp cloth and cut into pieces. Cook on a slow fire. When almost cooked, add tamarind water and salt. Simmer till done. If desired, lady fingers may be fried in a little oil before adding them to the prawns. This recipe tastes best when cooked in coconut oil.