Bhindi Do Pyaza is a North Indian dish where **okra** is paired with **twice the amount of onions**, cooked in aromatic spices. In this lighter version, we use mild seasoning to support digestion while retaining the richness of taste and texture.

What Is Bhindi Do Pyaza?

“Do Pyaza” refers to the use of onions in **two stages**, once for sautéing and once as chunks. This gives the dish its signature sweetness and texture balance. When paired with bhindi, it becomes a semi-dry curry that’s both hearty and subtle.

How to Make Bhindi Do Pyaza : The Traditional Way

Ingredients:

MAIN

- 250 g **bhindi (okra)**, washed, dried & cut into 1-inch pieces
- 2 medium **onions**, sliced (preferably small, Indian variety)
- 1 tbsp **cold-pressed sesame oil or groundnut oil**

Spices

- 1½ tsp **coriander powder**
- ½ tsp **jeera powder**
- ¼ tsp **turmeric powder**
- A pinch of **pepper powder**
- A pinch of **red chilli powder** *(optional* – check your vegetable list)
- Salt to taste
- 1 tsp **lemon juice**

Method:

1. Slice one onion finely, and chop the other into medium chunks.
2. Heat ½ tbsp oil in a pan. Add chopped bhindi and sauté for 6–8 minutes until half-cooked and non-sticky. Remove and keep aside.
3. In the same pan, add the remaining oil. Sauté the sliced onion until

translucent.
4. Add the onion chunks and continue to sauté until slightly soft but not mushy.
5. Add all the spices and stir for a few seconds on low heat.
6. Add the sautéed bhindi back to the pan and mix gently.
7. Cover and cook on low for 5–7 minutes until everything is tender and well combined.
8. Finish with lemon juice for freshness.

Ayurvedic Benefits

1. **Bhindi** is grounding and cooling – ideal for Vata and Pitta balance.
2. **Onions**, when lightly sautéed, become sweet and sattvic in effect.
3. The minimal spices stimulate Agni (digestive fire) without aggravating Pitta.

Pro Tips from the Indian Kitchen

- Use small onions for better flavour.
- Dry bhindi thoroughly before cutting to prevent sliminess.
- Add a few curry leaves or a pinch of ajwain (carom seeds) for improved digestion.

❤ Why We Love Bhindi Do Pyaza

- Comfort food with depth
- Balances taste and health
- Pairs beautifully with soft rotis or jeera rice
- Easily digestible and kid-friendly

Ideal For

- Everyday lunch or dinner
- Vata– or Pitta-prone individuals
- Post-illness recovery meals
- Gentle detox-friendly food routines

