

Say goodbye to slimy bhindi and hello to sassy, flavour-bursting Ladies Finger Gojju. This South Indian dish is a masterclass in balance—tangy tamarind, gentle heat, and a velvety base that clings lovingly to sautéed okra. A staple in many Karnataka homes, it elevates a simple vegetable into a gravy of gourmet comfort.

What Is Ladies Finger Gojju ?

Ladies Finger Gojju is a tamarind-based semi-thick gravy that uses sautéed okra as the hero. The okra is lightly fried to preserve its texture while losing its stickiness, then simmered in a luscious base of tamarind, jaggery, and gojju powder or freshly ground spices. The result is a satisfyingly tangy, mildly sweet, and spiced dish that pairs beautifully with hot rice or dosa.

How to Make Ladies Finger Gojju : The Traditional Way

□ Ingredients:

For the Gojju

- **10-12 medium-sized ladies fingers (bhindi), cut into 1-inch pieces**
- **1½ tsp tamarind paste (or small lemon-sized tamarind soaked and squeezed)**
- **1½ tbsp jaggery (adjust to taste)**
- **1½ tbsp gojju powder (or use homemade blend*)**
- **Salt to taste**
- **Water - as needed**

For Tempering

- **1½ tbsp sesame oil or coconut oil**
- **½ tsp mustard seeds**
- **A pinch of hing (asafoetida)**
- **1 sprig curry leaves**
- **1-2 dried red chilies**

□ Method:

- 1. Prepare the Okra:**
Wash and pat dry the ladies finger. Chop into 1-inch pieces. In a pan, sauté them in a little oil until lightly browned and no longer slimy. Set aside.
- 2. Make the Gojju Base:**
In the same or another pan, heat oil, add mustard seeds and let them splutter. Add hing, red chilies, and curry leaves.
- 3. Simmer the Sauce:**
Add diluted tamarind paste and jaggery to the tempering. Let it simmer for 5-6 minutes until the raw smell disappears.
- 4. Add Masala & Okra:**
Stir in gojju powder, salt, and the sautéed ladies finger. Add water if needed to adjust consistency.
- 5. Final Simmer:**
Simmer everything together for 5-7 minutes until the okra absorbs the tangy flavours. Serve hot.

□ Ayurvedic Benefits

- 1. Ladies finger is mucilaginous and cooling, helpful for gastric irritation and [Pitta](#) balance.**
- 2. Tamarind improves digestion and taste perception (rasa).**
- 3. Jaggery acts as a natural blood purifier and supports Agni.**
- 4. Sesame oil enhances [Vata](#) grounding and balances dryness caused by tamarind.**
- 5. Hing and mustard aid deep digestion and bloating relief.**

□ Pro Tips from the Indian Kitchen

- Always dry the bhindi completely before chopping to prevent stickiness.
- Use sesame oil for authentic flavour and better digestion.
- Add a tiny spoon of roasted methi powder for deeper bitter notes.
- If using homemade gojju powder, dry roast coriander seeds, methi, sesame, red chilies, and grind to fine powder.
- Let the dish rest for 20 minutes before serving—it gets more flavourful.

♥ Why We Love Ladies Finger Gojju

- Turns the often-neglected bhindi into a superstar dish.
- It's bold, balanced, and deliciously satisfying.
- Comfort food for monsoons and colder days.
- Easy to make yet deeply layered in flavour.
- A staple that's both Ayurvedically sound and emotionally warming.

□ Ideal For

- Lunch or dinner with steamed rice or millet pongal
- People avoiding onions/garlic (fully satvik version possible)
- [Vata](#) or [Pitta](#)-pacifying diets
- Post-festive detox meals
- Families looking to add variety to everyday vegetables

