

PRAWNS WITH OKRA WITH SOONGTA HOOMUN MASALA

What you need;

- Medium prawns: 300- 400g
- Onion: 1 large
- Fresh coconut milk: 200ml
- The Women of Goem Soongta Hoomun masala: 2-3 tbsps
- Okra (lady' s finger): 200g
- Kokum/ tamarind (optional): 1-2 small piece
- Curry leaves for garnish
- Salt to taste
- Cooking oil (coconut oil is traditional, but you can use any oil)



1. Marinate with salt and lime juice. Keep for 10m.



2. Cut the okra and slice in half.



3. Dilute 3/4th of the coconut milk.



4. Finely chop the onion.



5. Heat a wok.



6. Add 2 -3 tbsps of oil.



7. Add the prawns.



8. Saute until they turn pink.



9. Remove them from the wok.



10. Let it rest.



11. heat a cooking pot, add oil.



12. Add a tsp of mustard seeds.



13. Add the chopped onion.



14. Saute until it turns translucent.



15. Lower the flame and add the Soongta hoomun masala.



16. Fry the masala while continuously stirring.



17. The oil will start to separate.



18. Add the okra



19. Mix thoroughly.



19. Add a quarter of the coconut milk.



20. Mix well and cook for 5 minutes.



21. Add salt.



22. Add the prawns



23. Mix thoroughly.



24. Add the Kokum or tamarind.



25. Add the remaining thick coconut milk.



25. Mix Well.



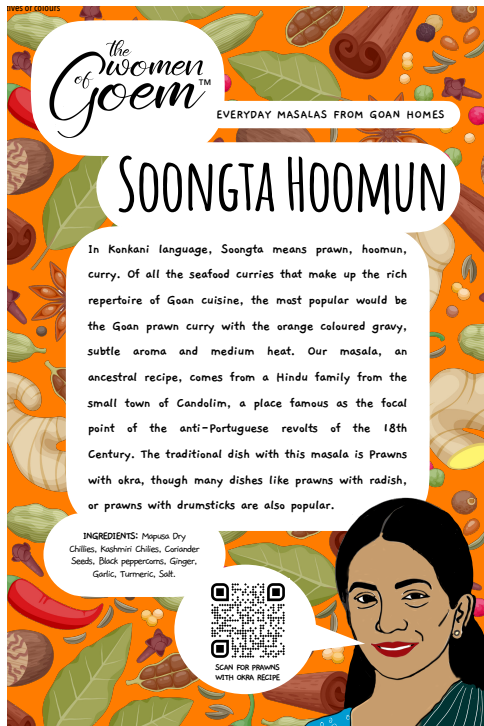
26. Sprinkle the curry leaves.



26. Cover and cook for 5 minutes.



27. Serve hot with rice or bread.



Soongta Hoomun 80g

In Konkani language, Soongta means prawn, hoomun, curry. Of all the seafood curries that make up the rich repertoire of Goan cuisine, the most popular would be the Goan prawn curry with the orange coloured gravy, subtle aroma and medium heat. Our masala, an ancestral recipe, comes from a Hindu family from the small town of Candolim, a place famous as the focal point of the anti-Portuguese revolts of the 18th Century. The traditional dish with this masala is Prawns with okra, though many dishes like prawns with radish, or prawns with drumsticks are also popular.

₹110.00 (Please check latest price including GST [here](#))

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