Jalapeño Salsa Stuffed Okra

vegetable oil for sautéing
1 T coriander seeds
1 tsp cumin seeds
1 tsp fennel seeds
1 small red onion, diced
1 clove garlic, minced
3 jalapeño peppers, diced
2 sweet peppers, diced
3 Roma tomatoes, diced
salt and pepper, to taste
1/2 lb fresh tender okra (about 30 pods)
1 to 2 T vegetable oil

Heat 1/2 teaspoon oil in a small skillet over low heat. Add the coriander, cumin, and fennel and toast just until the spices slightly darken and become fragrant. Allow to cool. Grind to a fine powder in a spice or coffee grinder. Sauté the onion and garlic in the skillet over medium heat with 2 tablespoons of oil, stirring occasionally, until the onion is soft and golden. Remove from heat. Stir the spice mix and salt into the onions. Add the peppers, tomatoes and salt and pepper and sauté for 2-5 minutes. Remove from heat.

Wash the okra, pat dry, and cut off the stem end. Using a sharp knife, cut a slit on one side of the okra, starting at the stem end and stopping just before the point. Do not cut all the way through the okra. Gently stuff each okra and pack it down.

Heat 1 to 2 tablespoons oil in a large, shallow nonstick skillet over medium-high heat. Add the stuffed okra in a single layer, stuffed side up. Cook until the bottoms of the okra pods are brown. Reduce the heat to low. Cover the skillet, venting it a little, and cook for about 7 minutes, until the okra are tender. Sprinkle with salt to taste and serve.

Recipe by Garden Chef Dené Lynn