

## **Khoresh-e bamieh (Iranian Okra Stew)**

Serves 2, cooking time 1hr 30mins

### **Ingredients:**

250g stew meat (lamb/beef)  
1 medium onion, chopped  
1 clove garlic, peeled and crushed  
300g okra, fresh/frozen  
2 tablespoons tomato paste/6 tablespoons tomato sauce (passata)  
1 teaspoon turmeric  
1 teaspoon salt  
1 teaspoon chilli powder (or to taste)  
Vegetable oil  
Water

1. Heat 3 tablespoons of oil in a pot over a medium heat and saute the chopped onions until soft. Then add the stew meat and saute for 2-3 minutes.



2. Add the garlic, turmeric, salt and pepper. Stir until all sides of the meat are lightly brown.



3. Pour in enough water to cover the mixture by about 1-2 inches. Bring it to boil on a high heat for a couple of minutes. Then lower the heat, cover the lid and cook on a medium to low heat for about 40-45 minutes or until the meat is tender.

4. When the stew meat is tender and the sauce is thickened, add the okra and the tomato paste and stir. Cook for a further 20-30 minutes.



5. Adjust water and seasoning if needed, and serve hot with Persian rice. Enjoy your meal!



This is a healthy stew containing meat (protein) and vegetables. Served with rice (carbohydrate) it provides a delicious balanced meal.

I chose this recipe as it is my favourite Iranian stew and it comes from Ahwaz in the south of Iran, where my father is from, and I have also visited.

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