

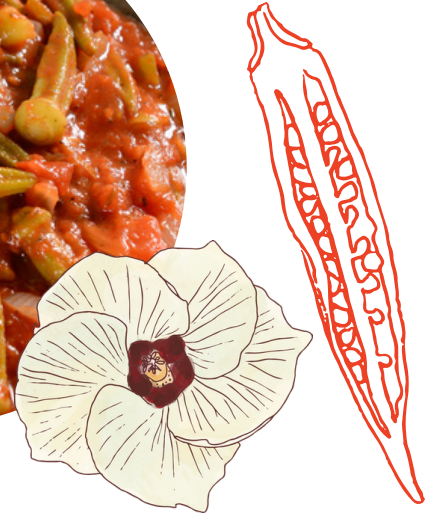
Bamia bi Zeit (Okra in Olive Oil)

Recipe



Ingredients

- 1 quart okra, as fresh as possible
- 1/2 cup of olive oil
- 2 onions, slivered
- 5 cloves of garlic
- 3 ripe tomatoes, chopped
- 1/2 cup of water
- salt
- 1 small bunch of cilantro, chopped
- juice of one lemon



Instructions

1. The secret to making this dish is to remove the stem of the okra without cutting completely through to expose the sticky central core of the okra pod. If right-handed, hold the okra in your left hand, with its stem facing your right hand. Using a sharp, short-bladed paring knife, peel off only the outer layer of the cone-shaped tip. One twist of each okra, and a thin curl of the hard stem falls off. Rinse the okra and drain.
2. Sauté the okra in two batches in the olive oil until it just begins to color. Remove with a slotted spoon.
3. In the same olive oil, sauté the onions until soft and transparent. Add the whole cloves of garlic and cook for another minute.
4. Stir in the tomatoes, water, salt and bring to a boil. Cover and simmer for about 1/2 hour. Check frequently, gently moving the okra to keep them from sticking
5. Sprinkle with cilantro and lemon juice, cover, and simmer for 2-3 more minutes. The okra should be soft but not mushy and overdone. Serve at room temperature.

“This stew always evokes strong memories of my time in Irbid, Jordan visiting my grandma during the summers. She loved okra. I did not. However, as I got older, I came to appreciate this dish and the heritage that comes with it. This dish is a traditional, Palestinian variation of okra, that my grandma learned from her mother, who learned from many of my ancestors for hundreds of years. It is so much more important than just a dish -- for people who have been living in diaspora and displacement for the past 80+ years, it is a symbol of home, and a way of preserving history and tradition when Palestinian identity is under threat.” - Yaza Sarieh

This traditional Palestinian recipe was generously shared with us by Yaza Sarieh & family.