



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mtevez Lezzetler® Turkish cooking recipes

Baked Okra with Chicken

Firinda Tavuklu Bamya



2 chicken breasts
1.1 lbs okra
1 onion
1 tbsp tomato paste
1 cup grated tomato
1/3 cup vegetable oil
2 cups chicken broth
1 tsp salt

Cut the heads of the okras as cornets. Rest them in much water that also includes 1 tsp salt and 2 tbsp vinegar for half hour.

Boil the chicken. Remove it from the water and pick into pieces.

Cut the onion into very small pieces. Fry them in vegetable oil, until they turn into transparent. Add tomato paste and grated tomato on it. Cook it by stirring for about 1-2 minutes.

Then add the okras which are removed from the bowl, washed and drained. Add the salt also.

Add chicken broth 5 minutes later. Cover the lid of the pot and cook it for 20 minutes.

Transfer it into a proper size baking tray. Add cooked okra over it. Cover the tray by aluminum foil or with or by a lid.

Place the tray into the oven which is preheated to 374 F. Cook it for half hour.

Note: Resting the okra in salty water helps keeping their shape during the cooking.