



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

Okra Soup

Bamya Çorbası



8.8 ounces okra
1 medium onion
1 medium carrot
2 tomatoes
1/3 cup vegetable oil
2 tsp salt
7 cups broth
1/6 cup vinegar
1 cup boiled chickpea

For Liaison:
1 egg
1 lemon
3 tbsp flour
1 cup water

- # Cut off the heads of the okras. Rest them in the bowl, which is full of water, for about 4-5 minutes. Then, strain them.
- # Put vegetable oil into the pot and make it hot. Then, add finely diced onion in it.
- # When the onion softens, add the diced carrot and sauté for a while. Then, add the strained okra into the mixture. Saute this mixture for a while more. Then add the peeled and diced tomato in it.
- # Add vinegar, salt and broth in it. Cook it for 20 minutes over low heat, after it reaches to the boiling temperature.
- # Meanwhile, prepare the liaison. Whisk the mixture of egg, lemon juice, flour and 1 cup water in a bowl by a fork.
- # Pour the liaison into the soup at once, stir and add the boiled chickpea finally. Boil it for 5 more minutes.
- # Serve it hot.

Note: Flower Okra, the okra which is grown in the okra flower yet, is advised to cook this soup. If you can't find it, very small okras may be used also.