KALI OREXI

sharing our Greek culinary heritage

Baked Okra & Tomato

This is similar to ntomatofai, but the okra replace the peppers.

It is delicious!!!! You must make it!!!

You will need...

2kg ripe tomatoes, diced and blitzed

2 teaspoons salt

EVOO

1kg okra

2 brown onions, thinly sliced

3 garlic cloves, finely chopped

1.5 teaspoons salt

1 teaspoon cracked black pepper

EVOO

And more EVOO!!!

Preparing the tomato

- Place tomato puree in a large pan
- Add salt and stir through
- Drizzle generously with EVOO
- Bake in an oven pre-heated to 200°C for approximately one hour; until all of the water has baked out of the tomato
- Set aside

Preparing the okra

- Using a paring knife, make an angled incision into the okra just below the visible line that separates the stalk from the fruit - continue cutting around the okra to form a conical pyramid at the top of the okra (see Okra 101 video for prep guide)

- Wash okra – they will release slime – do not fret
- Place okra in a very large pan
- Add the brown onions and massage to separate the onion slices
- Add salt, pepper and a generous drizzle of EVOO
- Toss well
- Bake in an oven pre-heated to 200°C for approximately 20 minutes, before adding garlic and stirring in *very* gently
- Bake for a further 20 minutes till onions and okra have browned a little
- Gently transfer the okra/onions to the pan with the cooked tomato and gently stir together
- Shake the pan a little to spread out its contents
- Generously drizzle with EVOO
- Bake for a further 15-20 minutes till onions and okra brown a little more

Serving the okra & tomato

- Serve the okra & tomato dish with crusty bread or risoni-rice
- If you can, *prepare this dish a day ahead,* as the tomato mellows and sweetens overnight – then gently reheat or serve at room temperature the following day
- Kali Orexi!