sharing our Greek culinary heritage

# Bamies Me Saltsa Erofili -

## Okra with Erofili Sauce

*Shared by Manoli from Erofili Restaurant in Neo Chorio, Chania, Crete*

### You will need...

2/3 – 1 cup extra virgin olive oil (EVOO)
5 small-medium red onions, coarsely diced
10 cloves garlic, quartered
6 large super-ripe tomatoes, coarsely chopped
Salt and black pepper to taste
1 cup white wine
½ bunch parsley, coarsely chopped
1 small handful mint, coarsely chopped
1-2 teaspoons dried sage
1 teaspoon dried oregano
1 teaspoon dried thyme
1 teaspoon summer savory
350g okra

### Preparing the Saltsa Erofili

- In a large pot, heat oil on medium-high heat till it reaches its smoking point
- Immediately add onions and sauté for 2 minutes
- Add a generous pinch of salt
- Add the garlic and continue sautéing for 2-3 minutes
- Add tomatoes, another generous pinch of salt and some pepper
- Place an unvented lid on the pot and cook for 3-4 minutes
- Add the fresh herbs and cover pot with unvented lid again

- After 1 minute stir in the herbs and add the wine
- Reduce to a gentle boil and cook for 1 ½ hours
- Add water, as needed, so the sauce can continue to cook for this amount of time
- Stir through the dried herbs and take the pot off heat

## Preparing Okra with Saltsa Erofili

- Trim, wash and dry the okra (see Okra 101 video for okra-trimming tutorial)
- Heat some EVOO on medium-high in a wide fry-pan
- Add the okra and sauté till they begin to brown (the okra will release their slime, but it will get cooked off – have no fear)
- Add some of the Saltsa Erofili to the pan and continue cooking the okra on a gentle boil for about 15 minutes

## Serving the Okra with Saltsa Erofili

- Serve the okra with crusty bread for a delicious meal! Enjoy!
- Kali Orexi!