KALI OREXI

sharing our Greek culinary heritage

# Fofi's Okra Stifado

For the Love of Okra...

Greeks love okra! In the Southern Peloponnese, in the region of Kalamata, okra dishes are very popular. We cook okra in many different ways. The most popular of all is the Okra Stifado and that is why we choose to share it for the "Meri of Month of May". Okra Stifado has an exceptionally rich aromatic flavour and is one of the tastiest Greek vegetarian dishes. Okra is one of the healthiest vegetables and we love it because it is rich in vitamin C and collagen. Our family's Okra Stifado recipe is very simple and it is ready in 30 minutes. Please make it and enjoy...

Fofi, @ladi_biosas

## You will need...

½ cup Ladi Biosas Organic Extra Virgin Olive Oil (EVOO)

500g shallot onions

500g cherry tomatoes

2 garlic cloves, finely chopped

450g okra (see KO's Okra 101 for okra prep)

1 teaspoon salt

1 teaspoon cracked black pepper

1 teaspoon rosemary, finely chopped

2 bay leaves

½ teaspoon cinnamon

## Preparing Fofi's Okra Stifado

- Heat the Ladi Biosas Organic EVOO in a large pot on medium-high heat
- Add the onions and sauté till they brown a little
- Add the tomatoes, garlic, okra, salt, pepper, rosemary, bay leaves and cinnamon
- Bring to a boil and then lower heat and cook for 30 minutes or until the sauce thickens

## Serving Fofi's OKra Stifado

- Serve Fofi's Stifado with crusty bread, feta and a glass or two of wine
- Kali Orexi!