

Recipe for Bamya

servings: 10
time: 90 minutes
degree of difficulty: middle



Ingredients

As desired	Oil for frying
1,5 Kg	potatoes
3 pieces	onions
6 pieces	tomatoes
875 g	Okra
2 pieces	Garlic, tuber
2 pieces	Fresh chilli
1 Jar	Tomatopaste
As desired	Salt
3 tbsp	Ginger
3 tbsp	Tumeric
3 tbsp	Berbere
3 tbsp	Cumin
2 Liter	Water
1 Kg	Rice

Preparation:

- 1 Dice onions in cubes. Wash and dice the okra, tomatoes, potatoes and chillies. Chop the garlic.
- 2 At the same time, heat the oil in a saucepan and fry the onion until lightly golden brown for 3 minutes.
- 3 Set the heat on medium heat and add garlic, potatoes, tomato paste, chillies, ginger, Berbere and turmeric.
- 4 After 5 minutes add the okras and simmer for another 3 minutes, then add the tomatoes. Add water and simmer for 5 minutes. Then leave to stand for about 30 minutes.
- 5 Cook the rice until its ready to eat. Place the rice on a plate and top it with the bamya.