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Bamya with white Rice and Vermicelli



Ingredients

500g of fresh or frozen Okra
4 meat chops or any medium sized meat pieces on the bone
6-8 cloves of Garlic
Tomatoes Paste
salt
1 lemon
oil (canola oil)
1 cup rice
1/4 cup vermicelli

Preparation

1. Wash the meat and place in a pot filled with water just enough to cover the meat) and bring to boil. wash the meat again and replace water and boil a second time and add a pinch of salt.
2. Once the meat is boiled leave a side. take the meat pieces and fry them a little until they are golden brown in a pot (make sure you keep the meat stock from the second boil)
3. Once the meat pieces are fried, add a generous amount of oil to the meat in the pot and spread out the fresh Okra (make sure you cut the tips off) or the defrosted Okra if you use frozen okra (usually the tips are cut off) layer it over the meat, peel and cut the garlic cloves in half and spread over the Okra
4. Add the beef stock from the second boil to the meat and Okra not entirely covering it but just enough not to cover the Okra and leave on high and cover until all the water has been evaporated or taken in by the Okra. At this point the aroma of the Garlic and the Okra is just divine do not stir at all.
5. Once there is little or hardly any stock left , prepare in a bowel on the side the red salsa.
6. Add 3 cups of water, 4-5 table spoons of tomato paste, squeeze the lemon, add salt to desired taste and a very small pinch of sugar (the sauce should be sour salty and with a hint of sweetness, or you can avoid the sugar)
7. Add the salsa to the Okra and meat and bring to boil (avoid stirring) and then let it simmer on low for 15-20 minutes.
8. Rice,
9. Place some oil in a pot and fry the Vermicelli until golden with a slight brownish color. Add the rice (washed not necessarily soaked depends on the rice you use) and add a Maggie chicken cube with water 1cm above/ covering the rice and a pinch of salt (not too much as the Maggie chicken cubes are usually salty) and bring to boil.
10. Stir and leave on high for a few minutes then stir again and lower the temperature. Once all the water is gone put on very low and cover the lid of the pot with a clean cooking towel and let it get steamed for 5 minutes. Then remove completely from the stove stir the rice , cover it for a good 10 minutes.
11. Serve the Okra and rice in separate plates and enjoy. Bon appetite

Cooks Note