EGYPTIAN · LUNCH · DINNER

Bamia (Egyptian Okra and Lamb Stew)

باميه ملوكي

120 min · Serves 6 · 460 kcal a serve · Video 9:02 in Arabic · Heba Abo Elkheir هبة ابو الخير

Gluten-free ingredients · Nut-free

About 33 g protein, 8 g fibre and 15 g net carbs a serve: tender lamb and a whole kilo of okra baked in a fresh-tomato sauce.

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Ingredients 19 · SERVES 6

- [ ] 2¼ lb **lamb** (or beef) with a little fat, cut into small cubes
- [ ] 2¼ lb small **fresh okra**, tops trimmed (or frozen)
- [ ] 3 cups **fresh tomato juice** (about 2¼ lb ripe tomatoes, blended and strained)
- [ ] 2 cups of the **strained lamb broth**
- [ ] 1 **onion**, very finely chopped
- [ ] 1 tsp **olive oil**, sprayed on the okra to air-fry it (or 2 tbsp oil to pan-fry it)
- [ ] 1½ tsp **samna** (ghee): 1 tsp to sear the meat, ½ tsp for the onion
- [ ] 5 cloves **garlic**, minced
- [ ] ½ bunch **fresh coriander**, finely chopped
- [ ] 1 tbsp **tomato paste**
- [ ] ½ tsp **sugar** (a good pinch)
- [ ] 1 level tbsp **salt**, for boiling the meat (about half stays in the stew)
- [ ] 1 tsp **salt**, for the stew
- [ ] ½ tsp **black pepper**, plus a few peppercorns for the broth
- [ ] **bay leaves**, cardamom pods and a piece of mastic, for the broth
- [ ] a piece each of **onion**, carrot, celery and tomato, for the broth (strained out)
- [ ] 2 whole **hot green chillies**, to lay on top (optional)
- [ ] 3 **cherry tomatoes**, to lay on top (optional)
- [ ] **lemon wedges**, to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Trim the okra by paring the cap off in a circle; scrape off any rough fuzz. Wash, then dry it completely on a towel. 0:55
2. Sear the lamb in 1 tsp ghee with a pinch of salt and pepper. Add the whole spices and broth vegetables, cover with lukewarm water and the salt, bring to the boil and skim. Simmer covered on low until the meat is about 80% tender. 1:40
3. Air-fry the dry okra with a light spray of olive oil for 10 minutes, or sauté it in 2 tbsp oil, stirring, until it takes colour on all sides. 3:00
4. Chop the onion, coriander and garlic very finely. Strain the broth, keeping the meat and 2 cups of broth. 3:34
5. In the same pot, soften the onion in ½ tsp ghee without browning, add the garlic and coriander, then the meat. Fold in the okra gently, then the tomato juice, paste, broth, salt, pepper and sugar. Bring to one boil only. 4:16
6. Tip into a clay or ovenproof dish, lay the chillies and cherry tomatoes on top and bake at 350°F for 30–40 minutes until browned on top (or simmer on low heat 30–40 minutes). Serve with lemon. 6:03

> **Tip** Usually eaten with vermicelli rice or bread; cauliflower rice keeps it lower in carbs. Serves 6 is our estimate. Her description lists 2 tbsp paste and 1 tbsp sugar; on camera she uses 1 tbsp and a pinch. Freezes well.

The method is a summary in our words, in English — the video (in Arabic) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
460 kcal 1,920 kJ	**33 g** 66% of a day	**22 g** 15 g net · 7.9 g sugars 8% of a day
FIBRE	**FAT**	**SODIUM**
7.7 g 28% of a day	**28 g** 11 g saturated 35% of a day	**1,070 mg** 47% of a day

Energy from net carbs 14% · protein 30% · fat 56% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 135% · Zinc 72% · Vitamin C 71% · Vitamin K 65% · Selenium 63% · Vitamin B6 42% · Folate 38% · Magnesium 34% · Omega-3 28% · Potassium 26% · Iron 23%

Source of (10–19%) Calcium 15% · Vitamin A 15% · Vitamin E 12%

Recipe and video: Heba Abo Elkheir هبة ابو الخير (@hebaaboelkheir) on YouTube — youtube.com/watch?v=0I3wkImJ0Pw, published 15 July 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/egyptian-bamia-okra-lamb