STEWED TOMATOES WITH OKRA AND FRIED EGG

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This recipe calls for frozen tomatoes and ties in perfectly with our Zero Waste August Campaign. Stock up NOW on the ripest tomatoes at market and freeze them to have on hand until next summer! Perfect for tomato sauces, stews and chili.

if you didn’t save from last year for this recipe, allow tomatoes to ripen, freeze and use when you’re ready. Tip - freezing tomatoes allows for a better sauce structure.

INGREDIENTS
Serves 2

4-6 ripe, frozen plum tomatoes
1 pint fresh okra
1-2 white onion, peeled and quartered
extra virgin greek olive oil, approx 2-3 tablespoons
salt & pepper to taste

METHOD
Boil okra (stem on if you wish to contain the slimy* texture inside) for 5-7 minutes while you get yourself set up with everything else.

run frozen tomatoes under warm water to easily remove and discard skin. Set tomatoes aside.

In a heavy bottom pan, add olive oil and add onion. cook on medium heat until onions soften/become translucent (approx 5-7 min).

Add tomatoes to pan. They will slowly cook down, use a fork to pull apart once melted down. Strain okra from boiling water and add them to the pan. add salt and pepper to your liking, toss well. Turn heat down and allow tomato sauce to reduce and okra to slow simmer and caramelize a bit (approx 15 min - lid on).

Serve alone or top with a fried egg and/or crumbled feta cheese!

*tip - adding a teaspoon or two of white vinegar while boiling flavors okra and also is said to help reduce the slimy feel.