



THE WORLD'S KITCHEN
Emily's Iraqi Recipes

BAMYA, TABOULI, FLAT BREAD

BAMYA (lamb and okra stew)

1lb sliced leg of lamb on the bone

2 large tablespoons tomato purée

2 fresh tomatoes, blended

1 large tablespoon tamarind puree

Juice of 1 lemon

5 whole cloves of garlic

1lb okra (aka lady's fingers, or in Arabic, bamya)

4 tablespoons cooking oil

Salt to taste

As Emily says, 'Let your eyes be your scales' – most measurements here are approximations. This is a stew without onions, so the beautifully sour flavours of the tamarind and the lemon really come through. Don't worry if you can't get sliced leg of lamb on the bone – you could always use chops. As a vegetarian, Emily does the meal without lamb for herself.

Heat half the cooking oil in a deepish-sided, lidded frying pan, add the meat and brown. Remove the meat and put to one side. Heat the pan again with the other half of the cooking oil and fry the tomato purée. Add the fresh tomatoes, the tamarind purée, the lemon juice, the garlic, the meat and then the okra. Add salt to taste and let it simmer for 45 mins. Serve with tabouli and flat bread.

You can usually get tamarind and okra from Asian foodstores. Tamarind sometimes comes as a packet of the dried fruit – in which case, break off a lump, about a tablespoon size and soak it in water.

TABOULI

1 bunch of parsley, chopped
1/3 bunch of mint, chopped
2 fresh tomatoes, chopped small
1 bunch of spring onions, chopped small
2 tablespoons of bulgar wheat, soaked
Juice of 2 lemons
3 tablespoons of olive oil
salt to taste
1 finely sliced tomato
Firm lettuce leaves (cos or iceberg)

Mix the ingredients and spread on a large flat plate. Garnish with the sliced tomato and with the lettuce leaves which are used as spoons with which to eat the tabouli. This recipe uses much less bulgar wheat than the more familiar taboulé – it's very much a herby salad.

FLAT BREAD

200 gms of plain flour
1 heaped teaspoon of baking powder
1 pinch salt
Water to mix

Mix the ingredients together to create a dough. Roll out the dough until it is a flat, moderately thin disc, flouring it both sides to prevent sticking. Put the grill on and heat up a flat frying pan. Put the disc of flat dough in the frying pan, dimpling it with your fingers. Cook one side, then put the pan under the grill to cook the other side.

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