



## **CHICKEN STEWED WITH OKRA**

*(Kotopoulo me Bamies)*

Another delicious combination of meat and vegetables, okra holds a special place on the Greek table, and is one of the best-loved of all the summer vegetables.

1/3 - 1/2 cup Krinos Extra Virgin Olive Oil  
2 large red onions, peeled and chopped  
Flour for dredging  
Salt, pepper, to taste  
2 large boneless chicken breasts, cubed or cut into strips  
2 garlic cloves, peeled and crushed  
1 1/2 pounds fresh or frozen okra, trimmed  
1 cup peeled, chopped plum tomatoes  
1/2 cup water  
1 teaspoon Krinos Oregano  
1/2 cup chopped fresh parsley  
2-3 tablespoons Krinos Red Wine Vinegar

Heat 1/3 cup olive oil in a casserole or Dutch oven and sauté the onions until wilted. Remove with a slotted spoon. In the meantime, dredge the chicken pieces lightly in flour seasoned with salt and pepper. Once the onions have been removed, add a little more oil, heat, and the chicken pieces. Brown on all sides and remove with a slotted spoon. Set aside.

Place the onions back in the pot, together with the garlic and okra. Toss all together gently to coat, and let the okra steam in the oil for 3-4 minutes, stirring frequently. Pour in the tomatoes and 1/2 cup water. Cover and cook over medium heat for 45 minutes. Add the chicken back to the pot, cover and continue cooking another 30-40 minutes, until the chicken is tender and cooked through. Add more water if necessary. About 10 minutes before removing from heat, stir in oregano and parsley. Adjust seasoning with vinegar, salt and pepper and serve warm or at room temperature.

Yield: 4-6 servings