



BĀMĪA II. IN COOKING

ii. In Cooking

The unripe fruit of *bāmīa*, which has a large amount of mucilage, is used in preparing certain dishes, including stews and casseroles. The fruit, or pod (12-15 cm long), is dark green, conical, tapered at one end, and contains numerous dark-colored seeds. Among Persian dishes that utilize *bāmīa*, are the following: *Ḵvorāk-e bāmīa bā morḡ* (okra with chicken), *Ḵvorāk-e bāmīa bā qeyma* (okra with ground beef), *Ḵvorāk-e bāmīa bā gūšt* (okra and lamb casserole), and *Ḵvorešt-e bāmīa* (stewed lamb with okra). In preparing these dishes, the *bāmīa* is always first soaked in vinegar and salt water.

BIBLIOGRAPHY

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