

Bamija je povrtna poslastica ima i pripisana afrodizijska svojstva što predstavlja bogatstvo užitaka!

Bajramska bamija

• Potrebni sastojci

- 400 g teletine
- 100 g suhe bamije
- 1 žličica mljevene suhe bamije
- 1 glavica luka, 4 mrkve
- list celera i list peršina
- 1 žlica koncentrata rajčice
- limunov sok, sol i papar



Smrznuta poslastica (bamija)

Frozen treat (okra)

• Način pripreme

Bamiju operemo i stavimo kuhati u hladnu vodu. Tek što je voda prokuhala bamiju izvadimo, vodu bacimo, te bamiju stavimo kuhati u čistu vodu kojoj smo dodali malo limunova soka. Kada bamija nabubri izvadimo je iz vode i skinemo s konca. Sitno nasjeckanu glavicu luka pržimo na zagrijanom ulju. Nakon kraćeg prženja dodamo mrkvu narezanu na kolutiće pa teletinu narezanu na komadiće. Sve zajedno lagano pirjamo uz postupno dolijevanje vode. Potkraj pirjanja dodamo koncentrat rajčice, nasjeckan peršinov list, celerov list, prokuhanu bamiju te sol i papar po želji.

Okra treat seems to have some aphrodisiacal traits making it delicious!

Bajramska bamija

• Necessary ingredients

- 400 grams of veal
- 100 grams of dried okra
- 1 teaspoon of of ground okra
- 1 onion, 4 carrots
- 1 celery leaf, 1 parsley leaf
- 1 teaspoon of tomato concentrate
- lemon juice, salt and pepper

• Cooking instructions

Wash okra and start cooking it in cold water. The minute it boils take the okra out, throw the water, cook okra again in water in which you have previously squeezed some lemon juice. Once okra has puffed up take it out of the water and take it off the thread. Chop onion thoroughly and fry it in heated oil. Fry it briefly and add one carrot cut into slices, then add chopped veal. Simmer together and add some water in short intervals. Finally add tomato concentrate, chopped celery leaf, chopped parsley leaf, boiled okra, salt and pepper.

OPG „ZEJBEK“

U sastavu PGZ „MIR“

Krnjak 48, 47242 Krnjak, Tel./Fax: 047/727-157

E-mail: pero.perija@ka.t-com.hr

Centar za proizvodnju:
Bamije, Rhabarbare i Safrana

OPG
Zejbek

Production center for
Okra, Rhubarb and Saffron

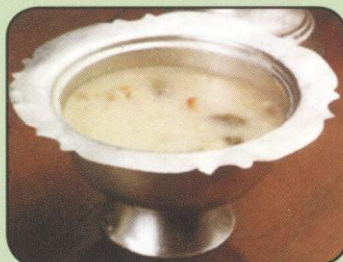
Bamija je povrće poslastica za rafinirane gurmanske gozbe.

Okra is a refined vegetable treat for gourmand feasts.

Begova čorba

• Potrebni sastojci

- 1/2 kg kokošijeg mesa
- 20 dkg mrkve
- korijen celera i peršuna
- 50 g bamije, 20 g riže
- 2 dl slatkog vrhnja
- 3 žumanjka
- sok od limuna, sol



• Način pripreme

Meso i povrće stavite u vodu, posolite i skuhaite. Kada je gotovo, juhu procijedite, povrće i meso isijecite na kockice i ponovo vratite u juhu. Stavite na vatru i dodajte kuhanu rižu i bamiju. Sve ponovo prokuhati, dodati limunov sok da poboljša okus. Prije serviranja u čorbu dodajte izmiješan žumanjak jajeta i slatko vrhnje.

• Novo

Dekorativna crvena bamija uskoro u ponudi novih receptata!

Beg's thick soup

• Necessary ingredients

- 1/2 kilo chicken meat
- 20 dkg of carrot
- celery and parsley roots
- 50 grams of okra, 20 grams of rice
- 2 dl of (regular) cream
- 3 yolks
- lemon juice, some salt

• Cooking instructions

Put meat and vegetables into water, salt it and cook. When it's done, take the meat and vegetables out and cut them in cubes, then put them back into the soup. Add cooked rice and okra and cook it all again. After it boils add some lemon juice to enhance the flavour. Add mixed yolks and cream before serving the thick soup.

• New

Decorative red okra soon in the new recipes offer!