

SAUCE GOMBO / OKRA SOUP, THE ORIGINAL WEST AFRICAN GUMBO

Name: Sauce Gombo/Okra soup

Eaten in: West Africa

Tropical Foodie: Linda, Jan. 20, 2013



In a stew, soup or sauce, okra is one of those “love-it-or-hate-it” vegetables. It has a deliciously runny texture and a melt-in-your-mouth quality that could either be incredibly appealing or... not. Okra soup is a ubiquitous dish in West Africa. Just like all the other soups, you have as many variations as you have ethnic groups, villages or available proteins. I have tried it with beef, chicken, and smoked fish and combinations of those. So once you have practiced the basic recipe, you can explore variations and discover your favorites.

Serves: 2-4; **Time:** 15 mns Prep + 40 mns Cook = 55 mns; **Meal type:** Main dish

1 pound (lb) or ½ kilo **sliced okra** (fresh or frozen)

¼ teaspoon baking soda

½ lb or kilo **cubed stew meat**

2-3 **tomatoes**

1 **chili pepper** (scotch bonnet or habanero)

oil, salt, black pepper, water

- Season **meat** with **onion, garlic** and **salt**
- Add a cupful (or two) of **oil** to a pot; when the oil is **sizzling, put in the meat**
- Add **water** and **tomatoes**. Bring to a **boil**, then **cook** on medium heat for 25 minutes.

- In a separate pot, add the **okra**, 2 cups of **water** and the **baking soda**
- Cook on **medium heat** until the okra is cooked (it should look like it's melting)
- With wooden spatula, **vigorously stir** okra mixture as if hitting it against the sides of the pot.

- Remove the tomatoes (skin on) from the meat pot, use a blender to crush them (optional)
- Stir in okra and crushed tomatoes in the meat pot
- Add salt, black pepper, chili pepper to taste
- **Boil on medium heat** about 20 minutes

- Serve with foutou or rice

Adapted 2018 by Kathryn Toure from
www.tropicalfoodies.com/2013/01/20/okra-soup-the-original-west-african-gumbo