



# Okra Stew

## INGREDIENTS

- 1/4 cup of olive oil
- 800g okra - trim the top stems – small-medium size okra
- 2 medium onions - diced
- 2 medium soft tomatoes - peeled and diced
- 1 medium carrot - peeled and diced
- 1/4 cup of tomato paste
- 2 tbsp Turkish pepper paste
- 2 tsp salt to taste
- cracked black pepper
- 1 tsp paprika
- 1/4 tsp Turkish chilli flakes
- 5 cups of water or stock
- 2 tbsp of lemon juice
- 1 clove of crushed garlic

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# Okra Stew

## METHOD

1. Add the oil and onions into a large pot or saucepan and cook the onions until soft for approximately 5 minutes on medium/high heat. Make sure to stir frequently.
2. Add the fresh tomatoes, carrots and cook for 5 minutes making sure to stir frequently.
3. Add the tomato paste and the Turkish pepper paste and mix through.
4. Add the okra, water and the rest of the ingredients and mix through.
5. Cook with the lid on at an angle for approximately 30 minutes or until the okra has cooked and the sauce has thickened. You can turn down the heat to medium if you need to. Make sure to stir every so often.
6. Once cooked turn off the heat and let it rest for 5 minutes with the lid on before serving.
7. Serve with a squeeze of lemon on top and Turkish rice on the side or bread.

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# Zucchini Fritters

## INGREDIENTS

- 2 - 3 medium zucchinis grated - approximately 2 cups
- 1 medium carrot - grated
- 1 medium onion - grated
- 6 shallots diced
- 1/4 cup chopped dill
- 1/4 cup chopped parsley
- 1 egg lightly whisked
- 1 tsp salt or to taste
- Cracked black pepper
- 1/4 tsp bicarbonate of soda
- 1/4 tsp baking powder
- 1/4 tsp Turkish chilli flakes (optional)
- 3/4 cup of self-raising flour
- Vegetable oil for frying

## Dill and Mint Dipping Sauce

- 1 cup of yogurt
- 1 tsp of chopped dill
- 1 tsp of chopped mint
- 1 tsp of dry mint
- 1/4 tsp of salt or to taste
- 1/4 tsp of Turkish chilli flakes (optional)

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# Zucchini Fritters

## METHOD

1. Place the grated zucchinis, carrots and onion into a sieve over a bowl and leave for 5 - 10 minutes, then squeeze out as much liquid as you can. You can also leave the vegetables in a cheese cloth or Chux cloth in a sieve over a bowl.
2. Place all the ingredients into a large bowl and mix through (it will be dry at first, as you keep mixing, it will all come together).
3. Place the oil into a medium pot (the oil should be approximately 3 - 4cm in depth) and turn the heat to medium.
4. Scoop 1 tbsp of the mixture into the pot and repeat. Turn over when golden to cook the other side. Continue until you have used up all the ingredients.
5. When cooked place on absorbent paper or wire rack.
6. To serve - place on a platter dish and serve with dill and mint dipping sauce.

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