

To prepare Ghanaian Okro Stew, follow these steps:

#### Ingredients:

- 500g fresh okra
- 400g meat or fish (such as beef, chicken, or fish fillets)
- 2 medium-sized onions, chopped
- 3-4 ripe tomatoes, blended or 1 can of tomato puree
- 3-4 tablespoons palm oil or vegetable oil
- 2-3 hot chili peppers, diced (optional)
- 2-3 cloves of garlic, minced
- 1 tablespoon ground crayfish (optional)
- 1 teaspoon ground dried shrimp (optional)
- 1 teaspoon ground ginger
- 1 teaspoon ground pepper
- 1 teaspoon ground coriander
- 1 teaspoon dried thyme
- 1-2 stock cubes (optional)
- Salt to taste
- Water as needed

Duration: Approximately 1 hour

Here's the step-by-step process:

Wash the okra thoroughly and trim off the ends. Slice the okra into thin rounds and set aside.

If using meat, wash it and cut it into bite-sized pieces. If using fish, clean and cut it into desired portions.

Heat the oil in a large pot over medium heat. Add the chopped onions and sauté until they become translucent.

Add the minced garlic, ginger, and diced chili peppers (if using). Stir and cook for about a minute until fragrant.

Add the meat or fish to the pot and brown it on all sides. If using meat, ensure it is cooked through. If using fish, be careful not to break it apart while stirring.

Once the meat or fish is cooked, add the blended tomatoes or tomato puree to the pot. Stir well and let it cook for about 5 minutes until the tomatoes reduce and thicken.

Add the ground crayfish, dried shrimp (if using), ground pepper, coriander, thyme, and stock cubes (if using). Stir well to combine all the ingredients.

Pour in enough water to cover the meat or fish and bring the stew to a gentle simmer. Cover the pot and let it cook for about 30 minutes to allow the flavors to meld together.

After 30 minutes, add the sliced okra to the pot. Stir gently to incorporate the okra into the stew.

Continue cooking the stew for another 15-20 minutes, or until the okra is cooked and tender.

Taste the stew and adjust the seasoning by adding salt if needed.

Once the stew is ready, remove it from heat and allow it to cool slightly before serving.

Ghanaian Okro Stew is typically served with a side of cooked rice, banku, or fufu.

Note: The duration mentioned is an approximation and can vary depending on your cooking equipment and techniques. It's important to cook the meat or fish thoroughly and ensure the okra is tender before serving.