

## *Chicken and Okra*

*Patricia Cooper*

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 ½ lb. fresh okra          | 1 tsp. salt and pepper        |
| Oil                         | 1 large can tomato juice or a |
| 1 whole cut up chicken or 8 | 15-oz. can tomato sauce       |
| thighs, skinned             | Water                         |
| 1 tsp. cinnamon             | 6 garlic cloves, chopped or   |
| 1 tsp. allspice             | mashed                        |
|                             | 1 lemon                       |

Wash and then trim the tops of the okra. Fry, whole, in a small amount of oil until browned. Drain on paper towel and set aside (this can be done ahead of time).

Season chicken well with cinnamon, allspice, salt and pepper. Brown in small amount of oil (*I use an electric skillet*). After browned, drain oil from skillet, and then put chicken pieces back in skillet. Pour tomato juice or sauce over chicken. Add water to cover. Add salt, to taste, garlic and lemon. Cover and let simmer about 30 minutes or until chicken is tender. Check periodically to see if more water is needed. Taste and adjust seasoning, if necessary. Add okra and simmer another 10 minutes. Remove chicken pieces and take meat off bone. Put chicken meat back in skillet and mix with okra. Serve over Lebanese Rice Pilaf.

*This dish can also be baked in oven instead of an electric skillet. Place browned chicken pieces on the bottom of a large casserole dish. Put browned okra on top of chicken. Sprinkle with more cinnamon, salt and pepper. Pour tomato sauce over top and add water to cover. Add garlic and lemon. Cover and bake 1 to 1 ½ hours at 350°.*