

Berberere Spiced Grilled Okra

Lemon Za'atar Aioli



Free Video Tutorial

Serves: 2-4 people

½ lb fresh okra (rinse+dry)

2qt water

1 tbsp salt

½ stick butter

½ tsp salt

Rub

2 tbsp olive oil

½ each lemon (juice+zest)

1 tbsp berbere spice

¼ tsp ginger powder

¼ tsp garlic powder

½ tsp smoked paprika

¼ tsp sugar

½ tsp salt

Phase 1- Blanching

- Separate okra into two bunches. One with larger pieces and the other with the smaller pieces
- Using a knife, trim both the tops and bottoms of each okra
- Using a medium-size pot, add your water and a salt
- Bring liquid to a boil
- Using a medium-size bowl, add about 1 quart of water and 2 cups of ice. Set to the side
- Add your first pill of large pieces and blanch for 2-3 minutes
- Remove and place in ice water to cool
- Repeat the process with the other bunch
- Allow okra and cool for about 5 minutes

Phase 2- Dry Rub

- Using a medium bowl add all ingredients. Mix well
- Reserve ½ tbsp of the mix for your sauce
- Next, toss your okra in the bowl. Again mix well

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Zaatar Lemon Aioli

- 1 each lemon (zest+juice)
- 1 tbsp garlic (minced)
- 2 each egg yolk
- 1 cup olive oil
- 1 tsp zaatar
- ½ tbsp dry rub
- ¼ tsp salt

- Allow mixture to marinate for a minimum of 30 minutes

Chefs Note: If prepared in advance, the mixture can marinate for up to 1 day. This will give you a deeper flavor.

Phase 3- Aioli + Butter

- You will need another medium bowl
- Add zest from the lemon and juice from only half
- Add garlic, dry rub, zaatar, and salt
- Next, add your egg yolk. Mix well
- While steady mixing, add your olive oil in a slow steady stream. Keep mixing until all of the oil is incorporated
- Adjust seasoning with salt and pepper
- For the butter, place in a small pot and melt
- Remove from heat. Add the other half of the lemon (juice) and ½ tsp salt

Phase 4- Cooking

- Preheat your grill to 375-400
- Using two skewers per order, Lay 4 to 6 okra pods side by side, alternating the positions of the heads and tails. Place one skewer near the top and the other near the bottom of the okra
- Place the melted butter near the grill, with either a basting brush or spoon
- Add your skewers to the grill. Cook for 3-6 minutes then flip.
- Once flipped brush the okra with the butter mixture
- Once cooked remove from the heat and serve

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