

Inspired by Arabian Flavours

Arabian speciality company, Terra Rossa, winner of 62 Great Taste Awards over 11 years, offers an explosion to the taste buds with the launch of its delicious new sauce – Bamia, Arabic for Okra.



A firm favourite in the Middle East, Bamia is a combination of okra, fresh

tomato, garlic and a touch of hot fresh chillies, infused with delicate flavours of coriander and cumin and naturally sweetened with pomegranate and date molasses. Made from 100% natural ingredients, the okra is deliciously firm, bursting with flavour, preserved with the very best extra virgin olive oil and is suitable for vegetarians.

Hanan Samara of Terra Rossa who comes from a Palestinian, Iraqi and Jordanian background explains: “In Iraq, Bamia is almost always eaten with lamb or beef stew and white rice, but it is also wonderful with freshly baked flat bread; grains such as bulgur, couscous or Freekeh; pasta or as a topping for jacket potatoes.”

Okra has long been known for its health properties and even Cleopatra appreciated its goodness and loved eating it. It's loaded with soluble fibres, vital nutrients, protein, calcium, potassium, iron and zinc. Studies show that Okra seeds contain antioxidant, polyphenols and flavonoids. It helps regulate cholesterol levels in the blood and prevents clogging of the arteries, improves digestive and cardiovascular health. Okra is also abundant in vitamin K which helps strengthen bones and prevent osteoporosis and fractures. Last but not least, it contains moderate levels of vitamin A that supports eye health and encourages the production of white blood cells thereby enhancing the immune system.

The Bamia sauce has an RRP of £4.50 for a 170gm jar and you can sample all of Terra Rossa's products for yourself at the Olympia Speciality and Fine Food Fair, 3-5 September 2017 on Stand 3107.

For more information please email info@terra-rossa.com or call 020 8661 9695.

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