



Garden Fresh Farm Recipes

Fried Okra

When okra is ready in the garden you have to pick it just about every day. Here is a simple Southern classic recipe. Okra is dredged in seasoned cornmeal, then fried until golden.

Ingredients:

10 pods okra, sliced in 1/4 inch pieces
1 egg, beaten
1 cup cornmeal
2 tablespoons flour
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/8 teaspoon cayenne pepper
1/4 garlic powder
1-2 cup vegetable oil



Directions:

In a small bowl, beat egg and add spices. Soak okra in egg for 5 to 10 minutes with salt black pepper, cayenne pepper and garlic powder.

In a medium bowl, combine cornmeal with flour. Dredge okra in cornmeal, coat completely. Remove okra and shake off excess cornmeal.

Heat oil in a large skillet over medium-high heat. Carefully place okra in hot oil; stir continuously. Reduce heat to medium when okra first starts to brown. Cook until golden. Drain on paper towels.