

Fried Okra

From Edible Garden Chef Taylor Mead

Ingredients

1 quart okra, chopped into thick coins
1 cup buttermilk
2 cups of cornmeal
½ T your favorite all purpose seasoning
1 quart of oil for frying
Salt to taste

Method

Assemble the 4 steps of your frying station: 1. In a medium bowl, add your buttermilk. 2. On a tray or sheet pan add your cornmeal and favorite all purpose seasoning. I use a mix of salt, pepper, onion powder, garlic powder, and paprika. 3. Heat oil in a large pot over medium heat to 350-375 degrees. 4. Prepare another tray or sheet pan with paper towels to catch excess oil after frying. Once your frying assembly is ready, you can wash and chop your okra. Add your okra pieces to the bowl of buttermilk and mix until okra is coated completely. Transfer the okra to the tray with the seasoned cornmeal mixture and gently shake until the okra is completely covered in cornmeal. Add okra to your hot oil and fry in small batches. Once evenly cooked and golden brown, move your fried okra and place on your tray covered in paper towels and quickly season generously with salt.



ATLANTA BOTANICAL GARDEN