

My Kitchen!
My Rules!
@LeighThomasBrown



Authentic Southern Fried Okra

A southern staple, crispy and crunchy, fresh from the garden okra, dredged in cornmeal, and fried until golden brown.

Ingredients:

- 1 lb Fresh Garden Okra (approx. 2 inch okra is most tender - larger ones can be very fibrous)
- 1 tbsp Morton's Kosher Salt
- 1/2 c White Lily All-Purpose Flour
- 3/4 c White Lily Cornmeal Mix
- Black Pepper and Secret Ingredient: Texas Pete Dust to taste
- Crisco Cooking Oil

Instructions:

- Soak fresh okra in water. Cut to approx 1/2 inch slices (discard stems and tips)
- In a brown bag or Ziplock, add dry ingredients. Add okra to dry mixture and **Shake! Shake! Shake! Your Okra!**
- Add oil to skillet and warm on medium heat.
- Test a drop of water and listen for the magic sizzle.
- Add the okra to the skillet and fry to a crispy golden brown all over, turning over to get both sides, 2 to 3 minutes.
- Use a slotted spoon to transfer the okra to a paper towel-lined plate.
- Finish with a sprinkle of kosher salt, if desired.

Finish with a sprinkle of kosher salt and ENJOY!

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