



**Okra by Steven Satterfield  
Miller Union**

**Fried Okra**

1 # washed and drained okra, cut crosswise into pieces as thick as the okra is wide

Cold water

Sea salt

2 cups finely ground white cornmeal

1/2 cup cornstarch

6-8 cups vegetable oil for frying (canola, safflower, peanut, etc.)

Skimmer or wire mesh basket

Thermometer for measuring oil temperature

Place okra into a container with cold water and add a pinch of salt. Allow to sit for 10-15 minutes, stirring occasionally. This allows the okra to produce a thick natural coating.

Meanwhile, combine dry ingredients in a bowl to make the dredge and heat the oil to approximately 350 degrees.

With your hands, pull the okra out of the liquid and allow to drip dry for a few seconds, then drop into the dredge. Toss to coat well. Pick up the coated okra and shake well in a sifter or mesh strainer basket.

Drop the okra carefully into the hot oil and fry until golden brown. Using a skimmer or something similar, pull the okra from the hot oil and drip dry for a few seconds, then toss into a paper towel lined bowl. Season with salt to taste and serve immediately.

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