



April 10, 2010 – December 18, 2010
Saturdays, 8:30 am to 12:30 pm

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Cathedral of St. Philip | 2744 Peachtree Road NW | Atlanta, GA 30305

Okra by Steven Satterfield of Miller Union

Pickled Okra

- 1 pound okra, washed
- 1 Yellow onion, peeled and sliced
- 6-8 Dried hot chiles
- 2 T. Coriander seeds
- 1 T. Black peppercorns
- 1/4 cup Kosher salt
- 3 T. granulated sugar
- 1.5 cups water
- 1 quart apple cider vinegar

Canning jars

Tongs

Clean towels

Large pot with lid

Extra water for boiling

In a large pot, boil lids, seals, and jars for several minutes. Remove carefully, drain, and place onto clean towels to dry. Leave the pot of water on the stove for future use.

Wash okra and trim any long stems. With clean hands stuff the okra into jars and pack tightly. Add 1-2 dried chiles 2-3 slices of onion per jar, and distribute the spices evenly among each jar. Meanwhile, bring the sugar, salt, vinegar and water to a boil in a nonreactive saucepot. Ladle the hot vinegar brine into the jars and quickly seal them. Then place the sealed jars into boiling water. Make sure the water is at least an inch above the top of the cans. Cover with lid and boil gently for 10 minutes. Pull the jars out carefully with tongs and then allow to cool. Check the lids to make sure the jars sealed properly, then once cooled, store in a cool dry place for a minimum of 5 days before opening.

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