



**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

July 31<sup>st</sup> Chef Demo by Gerry Klaskala of Aria

Skillet Roasted Okra with Eastern Spices and Lime

#### Spice Mix

- 2 Tbl. Kosher Salt
- 1 Tbl. Ground Indian Cayenne Pepper
- 1 tsp. Ground Coriander
- 1 tsp. Mango Powder
- ½ tsp. Ground Cumin
- ½ tsp. Ground Cardamom Seeds
- ¼ tsp. Ground Black Pepper

3 lbs Okra, cut in half length wise *Hennessy Farms*

Grape Seed Oil

Lime

Chives, minced

#### Preparation

Thoroughly mix spices and set aside

Heat a heavy bottom skillet until smoking, add 2 tsp. of grapeseed oil. Place okra cut side down. Cook until okra is quite dark and caramelized. Briefly turn over.

Place on a platter cut side up. Season with spices and a squeeze of lime. Sprinkle with chives and serve.

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