



April 9, 2011 – December 17, 2011
 April 9 – September: Saturdays, 8:30 am to 12:00 pm
 October – December 17: Saturdays, 9:00 am to 12:00 pm

www.peachtreeroadfarmersmarket.com

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

September 3rd Chef Demo

Zeb Stevenson of Livingston Restaurant

Okra Cornbread Fritters with Sweet & Sour Peppers

1 ¼ cup	Cornmeal	RIVERVIEW FARMS
½ cup	All purpose flour	
½ tsp	Baking Soda	
½ tsp	Baking Powder	
1	egg	MANY FOLD FARM
1 ½ cup	Buttermilk	
1 Tbs	Salt	
2 cups	Okra (sliced ¼ thick)	HENNESSY FARM
1 Tbs	Canola Oil	

Method:

In a large bowl, combine the Cornmeal, flour, baking soda, baking powder and salt. Mix well and set aside. In a medium bowl, combine the egg, buttermilk and oil. Whisk to fully incorporate.

Pour the liquid ingredients into the dry and, using a whisk, mix just enough to break up lumps. Do not over mix.

Fold the okra into the batter and rest for a few minutes.

Heat a pan (preferably cast iron) over medium heat with just enough oil to cover the bottom. Drop the fritters into the pan in spoonfuls and brown (about 1-2 minutes). Turn the fritters over and cook for the same amount of time. Drain on paper towels.



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Sweet & Sour Peppers

1 cup	Apple Cider Vinegar	
1 cup	Chili peppers (pick a variety that suits your personal “spice” level. I prefer banana peppers)	GREENOLA FARM & BURGE FARM
2 stalks	Basil (bruised)	HEIRLOOM GARDENS
¼ cup	Sorghum Syrup	

Method:

Combine the vinegar and syrup in a saucepot and bring just up to a boil. Stir and reduce heat to a simmer. Add the sliced peppers and simmer 10 minutes.

Place the bruised basil into a second container. Be sure that this container is not only heat tolerant, but also non-corrosive (no aluminum). Pour the vinegar and peppers over the basil. Cover and steep for 5 minutes.

Cool the peppers before serving.

Enjoy!