



Homemade Fried Okra

(makes 6-8 servings)

Ingredients

- *6 cups cooking oil, for frying*
- *1/2 cup of cornmeal*
- *1 cup all-purpose or spelt flour*
- *1/4 teaspoon cayenne pepper*
- *2 pounds fresh okra, sliced 1/2-inch thick or 2 (10-oz.) packages frozen whole okra, thawed**
- *1/2 cup buttermilk*

- *Pinch of salt*
- *Pinch of black pepper*

Directions

- 1. Heat oil in a deep heavy skillet or Dutch oven to 350F. Note: Do not fill the pan more than halfway up on both sides.*
- 2. Combine the cornmeal, flour, and cayenne pepper in a medium shallow*

bowl.

- 3. Dip the okra in buttermilk and dredge in the cornmeal mixture to coat it completely.*
- 4. Carefully add the okra to the hot oil and let it cook until it is brown.*
- 5. Once the okra looks brown at the edges, remove with tongs and drain on paper towels and serve immediately!*