

Dry Fried Okra



Ingredients

- 1 pound okra, stems removed
- 1/2 cup cornmeal
- Vegetable oil
- Kosher salt

Info

- **Prep:** 15
- **Cook:** 15
- **Serves:** 4
- [Source](#)

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Directions

1. Rinse the whole okra pods under cold water, drain, pat dry, trim and cut into 1/4-inch pieces. Set aside.
2. Place the cornmeal into a sealable ziptop bag. Add the okra and shake to coat thoroughly. Return the okra to a dry colander and shake off excess cornmeal.
3. Add enough vegetable oil to a 12-inch stainless steel saute pan in order to completely cover the bottom of the pan. Place over medium-high heat and bring the oil to 370 degrees F.
4. Add the okra and fry until golden brown on 1 side, approximately 5 to 6 minutes. Stirring occasionally, continue cooking until okra is golden brown on all sides, approximately 5 to 6 minutes longer.
5. Remove the okra from the pan with a slotted spoon or spatula to a cooling rack set over a

newspaper-lined sheet pan.

6. Season, to taste, with salt and allow to cool for 1 to 2 minutes before serving.

[okra](#), [fried](#), [southern](#), [cornmeal](#)

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