

Okra

Good source of
Vitamins A and C and magnesium



Roasted Okra

18 fresh okra pods, sliced vertically
1 T. olive oil

1 tsp. kosher salt
1 ½ tsp. black pepper

Preheat oven to 425°F. Line a baking sheet with foil. Arrange the okra slices into a single layer. Drizzle with olive oil and sprinkle with salt and pepper. Bake for 15 minutes, until crispy. Serve while hot with ketchup on the side.

Okra Fritters

Canola oil
1 ½ cups self-rising flour
1 tsp. salt
1 tsp. black pepper

1 tsp. garlic powder
1 cup buttermilk
1 egg
4 cups okra, chopped

Heat oil in a cast iron Dutch oven to 350°F. In a large bowl add flour, seasoning, buttermilk and egg. Mix well together. Add okra to mixture and coat. Using a T., scoop mixture into the hot oil. Constantly flip fritters to cook and brown evenly, about 12 to 15 minutes. Remove fritters with a slotted spoon and drain on paper towels. Serve hot. Makes 4 to 6 servings.

Bhindi Bhaji

2 T. canola oil
1 small onion, finely chopped
½ tsp. ground cumin
½ tsp. ground coriander

½ tsp. chili powder (optional)
¼ tsp. ground turmeric
1 lb. okra

Wash the okra and pat dry with paper towels. Trim the ends and cut into 1-inch pieces. Heat the oil in a deep, heavy-bottomed frying pan over medium heat, and fry the onion until lightly browned. Add the spices and tomatoes and fry to 1 minute until well mixed, mashing the tomatoes. Add the okra and stir until well coated. Bring to a boil, cover and simmer for 5-6 minutes or until okra is cooked through and no longer slimy. If there is any excess liquid, simmer uncovered until the liquid evaporates. Makes 4 servings.

Fresh Okra Succotash

1 quart okra, washed and sliced
1 cup young lima beans
1 cup fresh corn kernels

3 large tomatoes
1 T. butter
1 tsp. salt

Peel and seed tomatoes; cut into small pieces and place in a large, non-reactive sauce pan, stock pot or Dutch oven. Add sliced okra, salt and pepper. Cover the pot and simmer gently for 15 minutes. Add lima beans; simmer for another 15 minutes, then add the corn. Cook 20 minutes longer; add butter and stir. Makes 6 servings.

Shrimp and Crab Pilaf

1 T. canola oil
1 onion, chopped
2 garlic cloves, minced
½ lb. okra, stem ends trimmed, cut into ½" pieces
½ red bell pepper, seeded and diced
½ tsp. Old Bay seasoning
½ tsp. ground red pepper
1 ½ cups long grain white rice
Salt and pepper to taste
1 fresh thyme sprig
8 oz. jumbo lump crabmeat, drained
1 lb. large raw shrimp, peeled and deveined

Heat oil in a large skillet over medium-high heat until simmering. Add onion and cook until translucent, 2-5 minutes. Add garlic; cook 1 minutes, stirring constantly. Add okra and bell pepper; cook until bright, another 2 minutes. Add the seasonings and rice; stir to combine. Cook, stirring constantly, until rice is coated and lightly toasted. Add salt and pepper to taste. Add 2 ½ cups water and thyme sprig, and stir to combine. Bring to a boil over medium-high heat. Reduce heat to simmer. Cook, covered, for 15 minutes. Pick crabmeat, removing any bits of shell. Add it and shrimp, and stir to combine. Cook 5 more minutes. Remove from heat, and let stand, covered, about 5 minutes. Remove thyme sprig. Season with salt and pepper. Serve immediately. Makes 6 servings.

Oven Fried Okra

3 cups okra pods
2 T. whole wheat flour
2 T. corn meal
Butter flavored pan spray
Seasoning of choice

Slice okra in ¼" slices. Toss with flour, cornmeal and seasoning. Spray and toss two more times. Lay flat on a baking sheet and bake 15-20 minutes at 350°-400°F. Makes 4 servings.

Tomato and Okra Cornmeal Cakes

2 cups plain yellow cornmeal
2 tsp. baking powder
1 tsp. fine sea salt
1 large egg
1 garlic clove
½ lb. fresh okra, thinly sliced
1 jalapeño pepper, seeded and finely chopped
¼ cup canola oil
Kosher salt and freshly ground pepper
¾ cup of your favorite pimiento cheese
Arugula
1 pound small tomatoes, cut into ¼" thick slices
Fresh basil leaves

Whisk together first 3 ingredients in a large bowl. Whisk together egg and 1 ½ cups water; add to cornmeal mixture, whisking until smooth. Smash garlic to make a paste. Stir okra, jalapeño, and garlic paste into cornmeal mixture. (Batter will be thick and will thicken even more as it sits, so add water, if needed.) Heat 1 Tbsp. oil in a large cast-iron skillet over medium heat. Pour 1 Tbsp. batter for each cake into skillet, and gently flatten into a 2-inch cake. (Don't overcrowd the cakes in the skillet.) Cook 2 to 3 minutes or until tops are covered with bubbles. Turn and cook 2 to 3 more minutes. Transfer to a paper towel-lined plate. Season with kosher salt and pepper. Keep warm in a 200° oven. Repeat procedure with remaining batter and oil. Spread each cake with about 1 tsp. pimiento cheese. Top with arugula, tomato, basil, and kosher salt and pepper. Makes 16 appetizers

Okra-Bacon Casserole

1 ½ lb. tender okra
3 fresh tomatoes, chopped
1 onion, chopped
½ bell pepper, chopped
Salt and pepper
5 strips bacon

Slice okra into thin rounds. Grease a 2 1/2-quart casserole dish. Place layers of okra, tomatoes, onion and green pepper in the dish, and sprinkle each layer with salt and pepper. Repeat with remaining ingredients. Lay bacon slices, overlapping, on the top. Bake at 350°F degrees for one hour, until okra is tender. Makes 6-8 servings.