

Cleveland County Kitchen
August, 2015
Food of the Month – Okra
Janet Beani – Patrick Senior Center



Okra & Tomatoes

Ingredients

1-2 lbs. Okra (fresh or frozen)

4-6 large tomatoes (peeled, cored and diced)

1/2 cup diced onion (red or white)

1/2 cup diced green bell pepper

1 Tablespoon minced garlic

4 slices diced bacon

2 Tablespoons chicken bouillon (or beef if you prefer)

2 Tablespoons light olive oil

2 cups water

salt, pepper, garlic powder, onion powder

Combine olive oil, minced garlic, diced onion, bell pepper and bacon in large skillet over medium high heat. Cook until bacon is crispy and vegetables well browned. Add water, sliced okra, diced tomatoes, bouillon and seasonings. Simmer mixture about 30 minutes or until vegetables are well cooked. Check frequently if too dry and add more water is needed. Check seasoning and adjust if needed. Serve alone; as a side dish or over rice or pasta.

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Fried Okra

Ingredients

1-2 lbs Fresh Okra

1 cup buttermilk

1 cup All purpose flour

1/2 cup corn meal

vegetable, canoala or other light tasting oil

salt & pepper

Heat oil in a large deep sided skillet on Medium setting. Wash and slice fresh okra. Dip okra in butter milk. Combine flour and cornmeal and add any seasonings you desire; such as garlic powder, onion powder, cayenne pepper, salt and pepper. Or you can use a seasoned prepared coating/breading product available in the baking aisle of grocery store. Dredge the okra in your coating mixture. Carefully drop okra in the oil in small batches to avoid overcrowding. Too large of a batch can cause the okra to steam and you may lose your breading.

When the okra browns, remove with a slotted spoon or spider. Place on paper towels to drain. Salt or season immediately. Enjoy!

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