

**Cleveland County Kitchen
September 2020
Food of the Month – Okra
Fried Okra Patties
Chef – Florence Brooks**



Serves:6

Ingredients:

- 3 cups oil for frying
- 1 pound okra, finely chopped
- 1 onion, finely chopped
- 1 t. salt
- ¼ t. black pepper
- ½ cup water
- 1 egg
- ½ cup flour
- 1 t. baking powder
- ½ cup cornmeal

Directions

1. Heat oil in large skillet.
2. In large bowl, mix the okra, onion, salt, pepper, water and egg. Combine the flour, baking powder and cornmeal; and stir into the okra mixture.
3. Carefully drop spoonful of the okra batter into the hot oil, and fry on each side until golden, about 2 minutes per side. Remove with a slotted spoon and drain on paper towels.

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Cleveland County Center
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Okra Salad
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Serves:6

Ingredients

- 1-pound okra cut into ½ inch pieces
- 15 oz can black beans, drained
- 15 oz can of corn or ear of fresh corn
- 1 onion, diced
- 1-pound cherry tomatoes, halved
- 3 T extra virgin olive oil
- Salt
- ½ t. black pepper

Directions

1. Put ingredients in large bowl and toss until oil is evenly distributed.
2. Add more salt and pepper, if needed.

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