



Fried Okra



Prep	Cook	Ready In
15 m	15 m	30 m

Recipe By: Linda Martin

"A simple Southern classic! Okra is dredged in seasoned cornmeal, then fried until golden."

Ingredients

10 pods okra, sliced in 1/4 inch pieces	1/4 teaspoon salt
1 egg, beaten	1/4 teaspoon ground black pepper
1 cup cornmeal	1/2 cup vegetable oil

Directions

- 1 In a small bowl, soak okra in egg for 5 to 10 minutes. In a medium bowl, combine cornmeal, salt, and pepper.
- 2 Heat oil in a large skillet over medium-high heat. Dredge okra in the cornmeal mixture, coating evenly. Carefully place okra in hot oil; stir continuously. Reduce heat to medium when okra first starts to brown, and cook until golden. Drain on paper towels.

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