

# Fresh Fried Okra

**1.5 LB FRESH OKRA**

**1/8 CUP WHOLE BUTTERMILK**

**1.5 CUPS SELF-RISING FLOUR (WHITE-LILY)**

**SALT & PEPPER**

Wash okra and snip off base and tip (if desired) with a knife. Cut okra in 1/4-inch-thick pieces. Place in a medium bowl and pour buttermilk on it. Mix it well. Put 1/2 cup self-rising flour in bottom of a pie plate. Add half of okra. Salt and pepper generously. Using a sifter with self-rising flour, coat okra well. Pour in remaining okra and repeat by adding salt, pepper, and flour.

**IRON SKILLET, WOK, OR LARGE SKILLET**

**SHORTENING**

Put enough shortening in skillet to be about 1" deep after melting. Oil must be **HOT**. Put a breaded piece of okra in oil and once it floats and sizzles **WELL**, your grease is hot and ready! It takes a good 20-30 minutes to fry up okra. **Do Not Rush**. Flip a maximum of three times. Let okra sit in hot grease until it is golden brown before turning it over. Add more shortening after turning once. You may have to rotate okra from edges to middle, so all will brown if you have a gas stove. Fry okra until it is golden brown. Take out with large, slotted spoon and place on a paper towel covered platter/plate.

***NOTE: Fry frozen okra the same way.*** Take frozen okra out of freezer and hit package on counter to break it up. Pour into a bowl and add 1/3 cup buttermilk. Toss to coat. Add flour to bowl and toss okra until coated well. Fry immediately using same method as above.