

Fried Summer Squash

1 LB. OF FRESH SUMMER SQUASH
1/8 CUP WHOLE BUTTERMILK
1.5 CUPS SELF-RISING FLOUR (WHITE-LILY)
SALT & PEPPER
CHOPPED ONION IF DESIRED

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

IRON SKILLET, WOK, OR LARGE SKILLET
COOKING OIL (CANOLA OR VEGETABLE)

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