

Fried Okra Deluxe

1 LB. FRESH OKRA
1 SMALL VIDALIA ONION,
CUT INTO 1/2" TO 3/4" CHUNKS.
1 LARGE GREEN TOMATO, CUT IN CHUNKS
1 SIDE OF BELL PEPPER, CUT IN CHUNKS
1/8 CUP WHOLE BUTTERMILK
1 1/2 CUPS SELF-RISING FLOUR
SALT & PEPPER

Wash okra and snip base and tip off. Cut okra in 1/4-inch-thick pieces. Place in a medium bowl with other vegetables. Pour buttermilk on it and toss well.

In another bowl, sift 1/2 cup flour in the bottom. Add half of veggies, salt & pepper well. Repeat layers with remaining veggies until they have all been battered and salted/peppered well.

Melt shortening in a skillet or wok until it's about 1" deep. Oil must be HOT. Put a breaded piece of okra in oil, when it floats, and sizzles WELL, the grease is hot and ready! It takes time 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. Cook on high setting if using a gas stove or med/high for electric elements.

Take out with a large slotted spoon and place on a paper towel covered platter/plate. So delicious, y'all!