

## Home Style Fried Okra

From "Recipes from my kitchen" - [www.joshuastarmer.com](http://www.joshuastarmer.com)

One of my favorite quick and cheap meals, this is the recipe my mother made when I was a child. I serve it in a bowl on top of jasmine rice with a glass of wine or beer.

1 lb. **okra** cut into ½ inch sections (fresh or pre-cut frozen)

¼ cup. all purpose **flour**

¼ cup. ground **corn meal** (white or yellow)

1 tsp. **salt**

(optional 1 tsp. **chili powder** or **curry powder**)

½ tsp. ground **black pepper**

2-3 **eggs**

About ½ cup **oil** (I've used corn, canola and extra virgin olive oil with equal success)

Combine all of the ingredients except for the eggs and oil in a large bowl and stir with a fork. The okra should have a light coating of the flour mixture (most of it will have migrated to the bottom of the bowl). Add two eggs and stir to combine. If there are dry spots, add another egg and stir in. It's better to use too many eggs than too few.

In a 12-inch non-stick pan (or cast iron skillet), add enough oil to coat the bottom and heat it over medium-high heat. When the oil starts to ripple on the surface, add the okra mixture and spread it out into a single layer. Put a lid on the pan and cook for 10-15 minutes. Use a spatula to check the bottom of the okra every now and then. When it's golden brown, remove the lid and flip the okra. NOTE: At this point, the okra mixture will have stuck together to make a single sheet in the pan. Don't try to flip this whole sheet, just break up into smaller pieces and flip them individually. Cook for another 10 - 20 minutes, stirring and flipping the okra every 5 minutes or so, until the okra is well done - dark brown and even black in spots.

Season with extra salt to taste and serve immediately or transfer to a plate lined with paper towels.