

# Southern Fried Okra

## Ingredients:

2 cup Okra sliced  
½ cup Yellow Corn Meal  
1 TBSP Flour

½ cup Vegetable Oil  
½ Tsp Salt  
¼ Tsp Black Pepper

## Directions:



Begin by adding vegetable oil to a cast iron skillet and heat over medium. Add okra to a colander and rinse with water.

Slice okra. If you happen to come across an okra pod that the knife doesn't want to slice easily through (you'll know when you get one), discard that pod. It will not be worth chewing a tough piece of okra.

In a small bowl add cornmeal, flour, salt and pepper. Toss sliced okra into the cornmeal mixture and toss to coat. Add the dredged okra pieces to the skillet. Cook while turning occasionally 5-7 minutes until the coating browns.