

# PICKLER & BEN

## Fried Okra



Fried Okra is one of Kellie's favorite dishes, and celebrity chef and BBQ World Champion Myron Mixon's makes it just right. Myron freezes the battered okra before frying to ensure a better cook—so feel free to transfer the frozen okra to a sealable bag and fry when the craving hits. The recipe makes a pretty big batch, but can easily be cut in half when making or half can be frozen for future use.

### **Fried Okra**

*Serves 10 to 12*

### Ingredients

2 pounds fine ground corn meal (not corn flour)  
2 tablespoons fine ground black pepper  
2 tablespoons fine ground salt  
2 pounds small to medium okra pods, cut into 1/4-inch slices  
Peanut or vegetable oil, for frying

## Directions

- 1.** In a 2-gallon sealable bag, mix together corn meal, salt, and pepper. Add okra, seal, and shake until coated well. Transfer okra to a colander to remove excess meal. Lay flat on a baking sheet and place in freezer until frozen, about 30 minutes.
- 2.** In a deep pot filled with 2 to 3 inches of oil heated to 350°F, add battered okra. Fry until golden brown, about 5 to 10 minutes. Transfer to paper-towel-lined plate to drain.

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