



Crispy Fried Okra



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Introduction

Crispy fried okra is a beloved Southern staple that captivates taste buds with its unique texture and flavor. This delightful dish combines the freshness of okra with a crunchy coating, making it a perfect appetizer, side dish, or snack. Whether served alongside fried chicken or as a standalone treat, crispy fried okra is sure to impress any crowd.

Detailed Ingredients with measures

Okra – 1 pound, sliced
Buttermilk – 1 cup
Cornmeal – 1 cup
All-purpose flour – 1/2 cup
Salt – 1 teaspoon
Black pepper – 1/2 teaspoon
Cayenne pepper – 1/4 teaspoon (optional for a spicy kick)
Vegetable oil – for frying

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time – 5-7 minutes
Total Time – 20-22 minutes
Yield – 4 servings



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Detailed Directions and Instructions

Prepare the Okra

Wash the okra thoroughly under cool running water. Trim the stems and slice the okra into ½-inch thick pieces.

Combine the Coating Ingredients

In a large bowl, mix together cornmeal, flour, salt, pepper, and any other desired seasonings until well combined.

Coat the Okra

Add the sliced okra to the bowl with the coating mixture. Toss the okra until it is evenly coated with the dry ingredients.

Heat the Oil

In a large skillet, pour enough oil to cover the bottom, about 1 inch deep. Heat the oil over medium-high heat until it reaches 350°F.

Fry the Okra

Carefully add the coated okra to the hot oil in batches, ensuring not to overcrowd the pan. Fry each batch for about 3-4 minutes or until golden brown, turning occasionally for even cooking.

See also [Key Lime Martini](#)

Drain the Fried Okra

Use a slotted spoon to remove the fried okra from the oil. Place it on a plate lined with paper towels to drain any excess oil.

Serve Warm

Serve the crispy fried okra warm as a side dish or snack. Enjoy!

Notes

Choosing Okra

Select fresh, firm okra pods that are bright green and free from blemishes for the best results.

Spice Adjustments

Feel free to customize the seasoning in the coating mixture based on your personal taste preferences.

Oil Temperature

Using a thermometer can help ensure the oil is at the right temperature for frying. If the oil is not hot enough, the okra will absorb too much oil.

Storage Suggestions

Leftover fried okra can be stored in an airtight container in the refrigerator for up to 3 days, but it is best enjoyed fresh. Reheat in the oven for crispiness.



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Cook techniques

Choosing Okra

Selecting fresh, vibrant okra pods is key to achieving the best texture and flavor. Look for those that are firm and have a bright green color.

Preparing Okra

Wash the okra thoroughly to remove any dirt, then slice them into manageable pieces. Keeping them relatively uniform in size ensures even cooking.

Coating the Okra

For a crispy texture, coat the okra pieces in a mixture of cornmeal and flour. This creates a crunchy outer layer when fried.

Frying Temperature

Heat the oil to the right temperature before frying. The ideal range is between 350°F to 375°F to achieve a golden and crispy finish.

Frying Method

Fry the okra in batches to avoid overcrowding, which can lower the oil temperature and result in soggy okra. Fry until golden brown.

See also [Buckwheat pancakes](#)

Draining Excess Oil

Once fried, place the okra on paper towels to absorb excess oil, maintaining the crispiness and avoiding a greasy texture.

FAQ

How do I store leftover fried okra?

Store any leftover fried okra in an airtight container in the refrigerator for up to a day. Reheat in an oven to regain crispiness.

Can I use frozen okra?

Yes, you can use frozen okra, but ensure to thaw and pat them dry before coating and frying to prevent excessive moisture.

What oil is best for frying okra?

Oils with a higher smoke point, such as canola, peanut, or vegetable oil, are best for frying. They withstand higher temperatures without burning.

Can I bake okra instead of frying?

Yes, you can bake okra by tossing it in oil and seasoning, then baking at a high temperature, although it may not be as crispy as fried okra.

Why does the breading fall off my okra?

This can happen if the okra is too wet or if it has not been properly coated. Ensure to dry the okra thoroughly and press the coating firmly onto the surface.



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Conclusion

Crispy fried okra is a delightful dish that showcases the versatility of this Southern vegetable. Its crunchy exterior and tender interior make it a perfect side dish or snack. With a few simple ingredients and techniques, you can achieve that perfect golden-brown color and crispiness that everyone loves. Enjoy it fresh and hot for the best experience!

More recipes suggestions and combination

Okra and Tomato Stew

Combine okra with juicy tomatoes, onions, and spices for a hearty and comforting dish. This stew is perfect served over rice or cornbread.

See also [Crispy Air Fryer Potato Recipes](#)

Stuffed Okra Pods

Try stuffing okra pods with a mixture of cheese, breadcrumbs, and your favorite herbs for a delicious twist.

Grilled Okra with Spices

Marinate okra in olive oil and spices, then grill for a smoky flavor and charred texture that's perfect as a side dish.

Okra Gumbo

Incorporate okra into a classic gumbo with sausage, shrimp, and the holy trinity of vegetables for a rich and flavorful dish.

Pickled Okra

Preserve the crunch of fresh okra by pickling it in vinegar, spices, and herbs for a tangy snack or condiment.

Okra Fritters

Mix chopped okra with cornmeal, eggs, and spices, then fry for crispy, savory fritters that make great appetizers.

Okra Soup

Blend okra into a creamy soup with stock, vegetables, and herbs for a warming and nutritious meal.

Okra Salad

Toss fried or roasted okra with fresh greens, cherry tomatoes, and a light vinaigrette for a fresh salad option.



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