

Fried Okra

Recipe courtesy of Paula Deen

4 cups oil, for frying
1/2 cup cornmeal
1 cup all-purpose flour
2 teaspoons Creole seasoning
1/4 teaspoon cayenne pepper
2 pounds fresh okra, sliced 1/2-inch thick
1/2 cup buttermilk

Directions

Heat oil in a large, heavy-bottomed skillet or Dutch oven to 350 degrees F.

In a medium bowl, combine cornmeal, flour, Creole seasoning, and cayenne pepper. Dip okra in buttermilk and then dredge in cornmeal-flour mixture to coat well. Carefully add okra to the hot oil and cook until golden brown. (It may be necessary to fry the okra in batches.) Remove from oil, drain on paper towels, and then serve immediately.