

Fried Okra and Potato Salad

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YieldServes 6

Ingredients

2 pounds boiling potatoes (preferably yellow-fleshed), quartered lengthwise and cut crosswise into 3/4-inch pieces

1/2 pound okra, trimmed and cut crosswise into 1/4-inch-thick rounds

1/2 cup cornmeal

1/8 cup flour

vegetable oil for deep-frying

1 1/2 tablespoons cider vinegar

1 1/2 teaspoons honey

3/4 cup mayonnaise

1 tomato, seeded and chopped coarse

Preparation

In a steamer set over boiling water steam the potatoes, covered, for 10 to 12 minutes, or until they are just tender, transfer them to a bowl, and let them cool to room temperature. In another bowl toss the okra with the cornmeal/flour and salt and pepper to taste, transfer the mixture to a sieve, and shake off the excess cornmeal/flour. In a deep skillet heat 1 inch of the oil to 375°F., in it fry the okra, stirring, for 2 minutes, or until it is golden, and transfer it to paper towels to drain. In a small bowl whisk together the vinegar, the honey, the mayonnaise, 1 tablespoon water, and salt and pepper to taste. Add the dressing to the potatoes with the okra and the tomato and combine the salad well.