

## French Fried Okra

Serving Size: 6

### Ingredients:

1 pound okra

1/2 teaspoon salt

1 1/2 cups buttermilk

2 cups self-rising cornmeal (or wondra)

vegetable oil

### Preparation:

Wash okra and drain well. Remove tip and stem end; cut okra into 1/2-inch slices. Sprinkle okra with salt; add buttermilk, stirring until well coated. Let stand at least 15 minutes; then drain okra well.

Dredge in wondra. Deep fry okra in hot oil at 375F until golden brown; drain on paper towels.

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