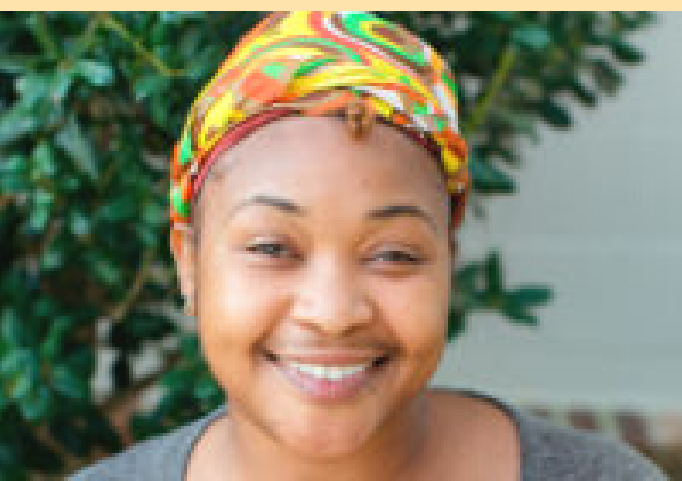
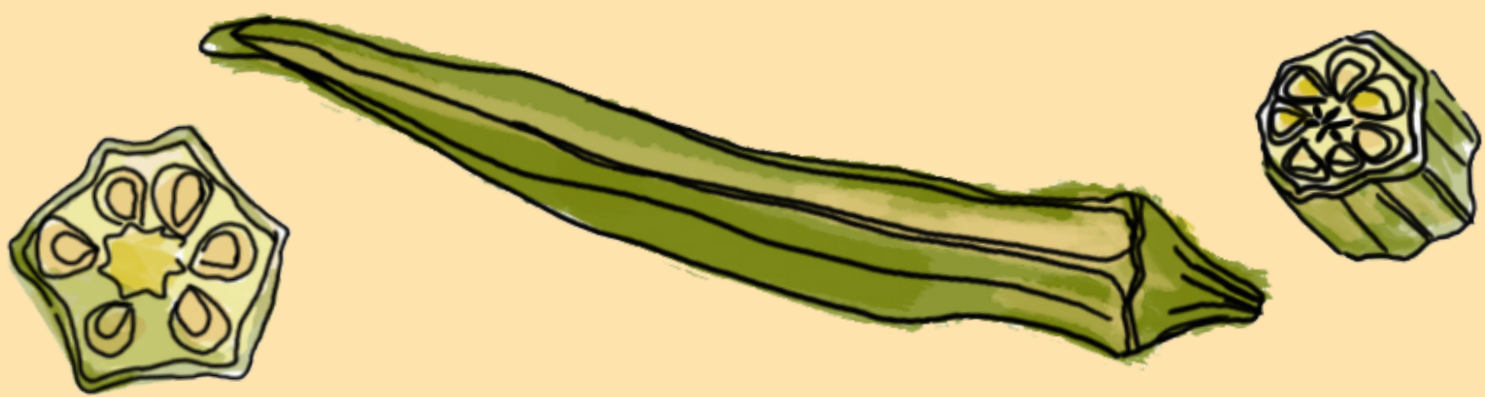




COMMUNITY FARMERS MARKETS'

# OKRA RECIPE E-BOOK



We're celebrating this Southern staple with a collection of recipes from the Educational Chefs you know and love from demonstrations at farmers markets and recipes on CFM's Instagram.





## CHEF ILENE ROUAMVONGSOR'S **OKRA HUSHPUPIES**

### INGREDIENTS

#### *Dry Ingredients:*

- $\frac{3}{4}$  cup ground cornmeal
- $\frac{1}{2}$  cup all purpose flour
- 1  $\frac{1}{2}$  tsp baking powder
- 1 tsp baking soda
- 2 tsp salt
- 3 Tbsp granulated sugar
- $\frac{1}{2}$  tsp granulated onion
- $\frac{1}{2}$  tsp garlic powder
- $\frac{1}{2}$  tsp paprika
- 2 tsp mild yellow curry powder

#### *Wet Ingredients:*

- 2 eggs
- $\frac{3}{4}$  cup buttermilk
- 2 cups okra
- 7 cups of oil, either peanut/canola/vegetable

Pull out one larger bowl and one smaller bowl. In the smaller bowl, whisk all of the dry ingredients together. In the larger bowl, whisk eggs and buttermilk evenly. Pour dry ingredients into wet ingredient bowl and mix until everything is evenly incorporated.

Slice okra thinly into rounds and using a spatula to fold into the batter. Allow the batter to sit at room temperature for at least 10 minutes.

Heat the oil up until temperature reaches 350 degrees F in a deep, wide pot. Drop a heaping tablespoon of half of the batter in the oil and fry for 2-3 minutes, turning on one side half way through. Repeat for second half of the batter. For giant hushpuppies, I used an ice cream scoop; these will take 5-6 minutes, turning the hushpuppy on the other side half way through.

Transfer the hushpuppies onto a wire rack or any kind of paper strong enough to catch the oil. Eat immediately or refrigerate in an airtight container for up to 3 days.





## CHEF JULIA KESLER'S **SUMMER OKRA SUCCOTASH**

### INGREDIENTS

- 5 medium okra
- 2 husks of corn, off the cob
- 5 cherry or grape tomatoes, quartered
- 1 shallot, diced  $\frac{1}{2}$  cup
- red wine vinegar  $\frac{1}{4}$  cup
- olive oil  $\frac{1}{4}$  cup
- chopped parsley, packed
- $\frac{1}{4}$  cup chopped cilantro, packed

Cut okra into  $\frac{1}{2}$  inch pieces, heat a heavy bottom skillet and allow to warm.

Add 1 tsp high heat oil and add okra to hot pan, allow to brown on each side about 1 minute. Then add in shallot, and pinch of salt to prevent shallot from heavily browning.

Cut corn off the cob and add it to the pan along with the tomatoes. Cook together for 3-5 minutes, just to get some char but not over cooked.

Remove from heat into a bowl and add in herbs, vinegar and olive oil.

Enjoy with animal protein or over black beans and sweet potatoes!



## CHEF JULIA SCHNEIDER'S **SUMMER VEGGIE JAMBALAYA WITH OKRA**

### INGREDIENTS

*From market:*

- 1 bag okra (\$5, *Wild Combination Farm*)
- 3 green peppers (\$3, *Wild Combination Farm*)
- 2 large tomatoes (about 1 lb) - (\$5, *Cosmos Farm*)
- 1 medium zucchini (\$2, *Cosmos Farm*)

*From the pantry:*

- 2 small onions
- 2 medium carrots
- 2 large celery stalks
- 4 garlic cloves
- 3 Tbsp Cajun seasoning
- 1-¾ cups long grain rice
- 3 cups vegetable broth
- Salt and pepper
- Bay leaves
- 2 tsp dry or fresh thyme
- 1 Tbsp olive oil
- Hot sauce, such as *Pulp*

*Optional garnishes:*

- Purple and sweet basil
- Celery leaves
- Pickled summer squash

Start by prepping before you begin cooking. You'll need a few prep bowls for this. Measure out the rice and vegetable broth. Chop the onion, carrot, bell pepper and celery into uniform pieces and combine in a small bowl. Mince the garlic and set aside. Chop the tomatoes finely and put in another bowl.

Heat the olive oil in a large, deep pot over medium-high heat (that has a lid, like a Dutch oven). Add the onion, carrots, celery and peppers. Season with a little salt.

When the onions start to get translucent, add the garlic and cook for 30 seconds. Stir in the Cajun seasoning and stir around a bit till it starts to smell fragrant. Then add the tomatoes and broth and stir to make sure nothing is sticking to the bottom. Add the rice.

At this point, chop the zucchini into wedges and okra into rounds while you wait for the liquid to come to a boil. When it boils, lower the heat to a simmer, stir in the zucchini and cover the pot.

Cook for 10 minutes, then uncover the pot and stir in the okra. Recover and cook for another 15 minutes. Taste the jambalaya and add salt and hot sauce if needed.

Serve it with the garnishes on top if desired, or whatever tastes good! This heats up really well and is a real crowd-pleaser. Enjoy!





## CHEF ANGELA OYESKIU'S **SPICED OKRA & BLACK EYED PEAS SALAD**

### INGREDIENTS

#### OKRA

- ½ lb okra pods, sliced ½ inch
- 4 Tbsp soy milk
- 2 Tbsp cornmeal (just enough to lightly coat)
- 1 Tbsp dried rosemary
- 1 Tbsp Chili Lime Spice Blend (*Trader Joe's*)
- Salt, pepper
- Extra virgin olive oil

Combine okra and soy milk together in a bowl. Add dry seasonings and cornmeal to lightly batter the sliced okra pods. In a frying pan, add EVOO to coat the pan and just a bit more to create a shallow fry space.

Slowly add the okra mixture and begin to pan sear. Flip the pieces over once they turn golden brown. Repeat on the opposite side and then move the pan seared okra onto a small plate lined with a paper towel.

#### BLACK EYED PEAS

- 1 ½ cups black eyed peas, soaked overnight
- 2 tsp veggie broth paste
- ¼ cup sliced Vidalia onions
- Raw spinach for salad base
- Pickled habanero
- Vidalia for dressing

Boil black eyed peas until tender, approximately 30 minutes.

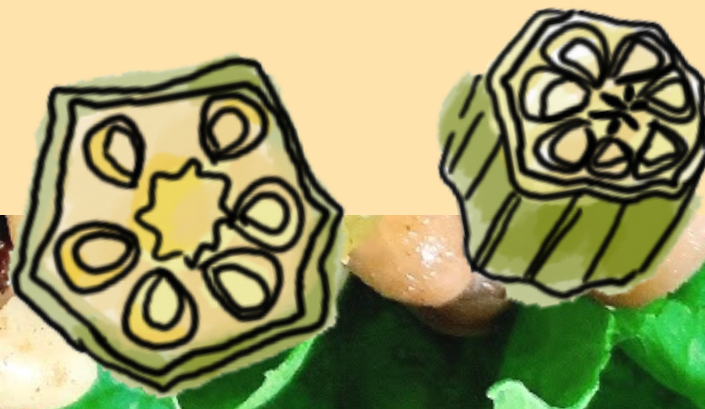
Drain and cool to room temperature. In a small bowl combine cooked black eyed peas, spinach and pickled vidalia onions. Top with pan seared okra.

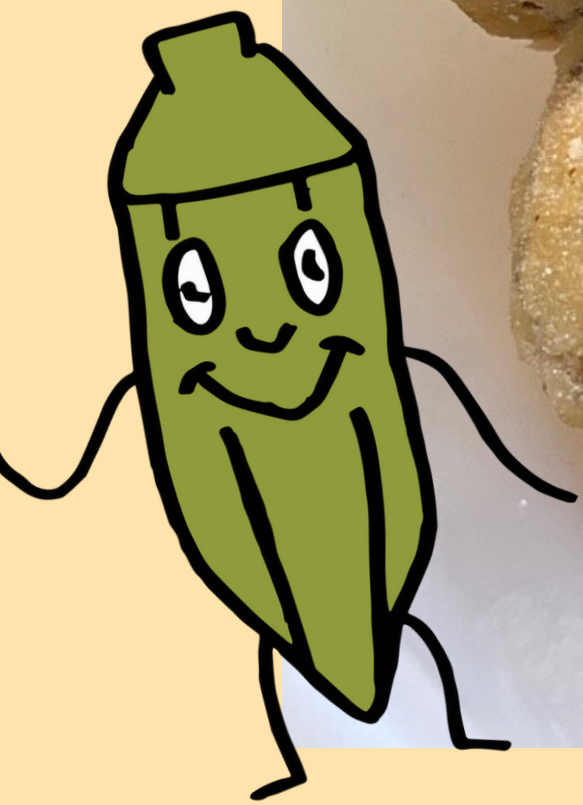
#### VEGAN CORNBREAD WITH OKRA

- Cornbread box mix
- 1 Tbsp rosemary
- ¼ c. Unsweetened applesauce
- ¼ c. Silk yogurt
- ¼ c. white corn kernels, off the cob
- 2 Tbsp extra virgin olive oil
- 1 Chili in Adobo, sliced

Combine all ingredients in a medium size bowl. Transfer batter into a 8x8 inch pan.

Bake at 350°F for 20 minutes. Cool and serve.





CHEF KAYT MORTON'S

# **SUPER SECRET MORTON FAMILY FRIED OKRA**

## **INGREDIENTS**

- 1 pint of okra  
(*Cosmos Farm \$5*)
- 1 egg + about an ounce of water  
(*Smyly Farms \$9/dz*)
- 2 Tbsp corn starch
- 2 Tbsp flour (chickpea for gluten-free or all-purpose for regular)
- 2 Tbsp cornmeal
- 1 hearty and 1 small pinches of salt
- Some black pepper
- 1 cup crisco

*This is from my Dad as his mom, my Grandma, made it.*

Cut your okra in 3/4 in pieces. Melt crisco in your cast iron on medium heat. DO NOT heat higher than medium, it gets hot fast and can catch fire if conditions are right.

Mix your dry goods in one bowl and egg wash in another (small pinch is for the egg wash). Have third bowl on hand. Take your dry bowl and about a handful of okra and pour some egg into it, toss to coat. Drain remaining egg mixture.

Spoon a few spoonfuls of your dry mixture and toss to coat. Shake off excess as you use a slotted spoon to gently transfer your okra to the skillet. Occasionally give your okra a gentle stir and cook to your desired level of golden brown.

Remove from pan with slotted spoon and transfer to a plate with some paper towels for drainage. Continue this process until all okra is done.



## CHEF JULIA LEROY'S **OKRA SCALLION PANCAKE WITH SAMBAL CHILI SAUCE**

### INGREDIENTS

- ½ cup pollard extra fine cornmeal
- ½ tsp salt
- 1 egg
- ½ cup water
- ½ cup okra, sliced
- 1 large shishito pepper, thinly sliced
- 1 Tbsp yellow onion, thinly sliced
- 1 Tbsp butter

#### Garnish:

- Cilantro
- Toasted sesame seeds

#### Sauce:

- ¼ cup gluten free tamari
- 1 Tbsp sambal chili paste
- 1 tsp sesame oil

*Yield: 4-6 appetizer servings*

First prepare the sauce. Mix the tamari, sambal and sesame oil in a bowl and set aside. Place the cornmeal and salt in a mixing bowl, then add the egg and mix well. Next add the water, and blend until it is completely combined.

Add the okra, pepper and yellow onion to the batter and combine well. Heat a 12 inch cast iron skillet on medium high heat. Melt the butter, then add the batter to the pan. Use a rubber spatula to get it as thin as possible. If a hole forms in the pancake you can smooth some batter over it to cover it up. The pancake should go to about a half an inch from the inside rim of the skillet. Let the pancake cook for about 4 minutes, then flip it over with a thin spatula (I like using a fish spatula). Cook the pancake for 3 more minutes until golden brown on both sides.

Slide the pancake onto a cutting board, cut it up and serve it with the sauce.





*This spicy crispy okra has betcha-can't-eat-just-one appeal, so don't be surprised if you finish the whole sheet pan right out of the oven. With just a little oil and seasoning, a few minutes on high heat, you're on your way to okra bliss... And if you listen hard enough, you can hear my granny suggesting "here, have some more okry" with every crunchy bite.*

## CHEF KATIE KRINER'S **CAJUN SPICED CRISPY OKRY**

### **INGREDIENTS**

*Just the basics:*

- 1 lb okra (4-5 cups whole pods) (*\$6 Rag & Frass Farm*)
- 1 Tbsp olive oil
- 1 tsp coarse kosher salt
- ½ tsp fresh cracked black pepper

*Cajun-style seasoning:*

- 1 Tbsp smoked paprika
- 2 tsp dried onion
- 2 tsp dried garlic
- 1 tsp black pepper
- 1 tsp cayenne (feel free to omit or use less if you prefer less spicy)
- 1 tsp dried oregano (dried thyme or an Italian seasoning blend will work here, too)

*Optional serving suggestion:*

Lemon wedges and fresh parsley

Preheat oven to 425°F.

Wash and dry okra thoroughly. Slice each pod in half lengthwise, then place into a bowl. Add oil, salt/pepper and, if desired, Cajun-style seasoning. Toss until evenly coated.

Prepare baking sheets with foil, if desired for an easy clean-up. If you have a baking rack, feel free to use it for crispy okra with less time and tossing! Either way, spread okra evenly in one layer, making sure no pods are touching or overlapping.

Set a timer and bake for 15 minutes, tossing at least once halfway through (if you forget, that's okay! The toss just helps ensure more crispiness and less burned edges). If the timer rings and the okra isn't crispy enough to your liking, add another 3-5 minutes.

Remove from the oven, let cool slightly and taste. Sprinkle on more Cajun seasoning, if desired. Enjoy and share immediately!





Looking for a crusty exterior, chewy interior, super simple focaccia recipe? Look no further, this one is for you. Not only is it easy to follow, it features two summertime favorites- okra and tomato. This recipe does require a little bit of forethought, but it's not so much that it'll deter you from trying. Just give yourself a little time for prep and I promise the results will be worth it.



## CHEF MERCEDES MELENDEZ'S **TOMATO OKRA FOCACCIA**

### INGREDIENTS

#### FOCACCIA

- 4 cups all purpose flour
- 2 teaspoons salt
- 1 packet dry active yeast
- 2 cups lukewarm water  
*(make sure it's not hot water as it'll kill the yeast)*
- Olive oil to coat the mixing bowl and baking pan

### TOPPINGS

- Fresh milled salt or flaky sea salt for garnish
- Fresh cracked pepper
- 1 tablespoon balsamic vinegar
- 1 teaspoon olive oil
- 8 - 12 pieces of okra, sliced in half (*\$4 /pint Wild Combination Farm*)
- 8 cherry tomatoes, halved (*\$4 /pint Snapfinger Farm*)
- ½ small onion, cut into thin rings (*\$4/lb Rag & Frass Farm*)
- 1 sweet red pepper, cut into rings (*\$4/pint Partnership Farm*)
- 2 shishito peppers, cut into rings (*\$4/ pint Snapfinger Farm*)
- Drizzle of olive oil for before and after baking



Into a large mixing bowl mix together the flour, yeast, salt, and water. Gently work the dough for about five minutes then coat the dough ball (it might be a little sticky) in a little oil, making sure to also oil the sides of the bowl. Cover the bowl tightly and stick it in the fridge from 12 to 18 hours. You can also allow the dough to slowly rise for 24 hours. The longer you let it rise, the bigger the bubbles you may get.

The next day remove the dough from the fridge. Line a 9x13 baking pan in parchment or oil the bottom and sides. Preheat your oven to 425° F. Turn over the dough into the pan and gently stretch the dough into the corners. It's best to lift the dough from the bottom corners instead of pressing out the top. Pressing the dough will release all the precious air it's taken on. Place the pan somewhere slightly warm and let the dough rise for 2 to 4 hours or until doubled in size.

Drizzle oil on the dough and use your clean fingers to make dimples all over. Set the dough to the side. Into a small bowl add the okra, balsamic vinegar, and teaspoon of olive oil then toss to coat. Gently press the okra into the dough followed by the tomatoes and the rest of your sliced veg. Sprinkle salt and oil on top then place in the oven.

Bake the focaccia for 25 to 30 minutes or until golden brown. Allow to cool before removing and slicing into the focaccia. Finish with more salt and oil if desired.



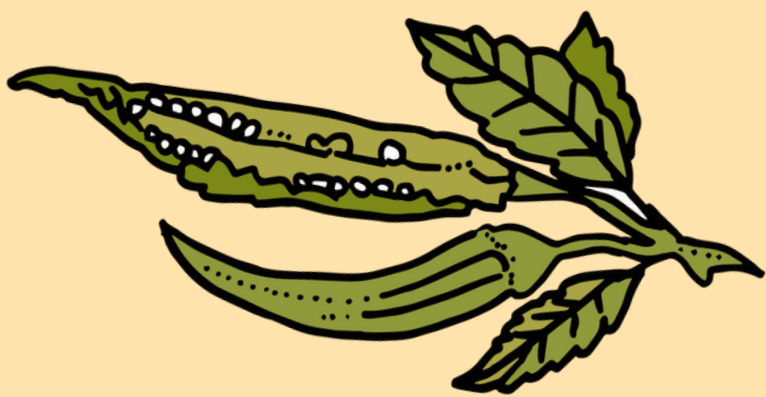
## CHEF AJA EMBRY'S **BLACKENED OKRA**

### INGREDIENTS

- 1 pound of fresh whole okra (*Mena's Farm \$8*)
- 1 pint of mixed cherry tomatoes (*Mena's Farm \$2*)
- 2 Tbsp of Goat Lady Smokey Mountain round Chevre (\$10)
- ½ cup red onion diced
- ½ tsp homemade garlic paste
- ½ tsp of olive oil for oiling pan
- ¼ tsp smoked paprika
- ¼ tsp berbere spice blend
- ¼ of a lemon
- 1 tsp sea salt

To taste:

- Ground dried turmeric (*Raw Dried \$5*)
- Umami Drops (*Pulp \$10*)



Rinse okra quickly and lay on a paper towel to dry. Rinse tomatoes. Add to a hot pan with a few drops of olive oil; sear and occasionally stir until blistering of the skin occurs. Add a pinch of salt and set aside. Slice dry okra however you prefer to eat it. I slice mine long ways here.

Drizzle olive oil onto a flat cast iron skillet and heat on high until very hot. Toss the okra into skillet and let sizzle; spritz with lemon juice and a pinch of sea salt, berbere, and smoked paprika; check for blackening on the face-down side after about 2 minutes.

Once charred on one side, flip and blacken the other side. Spritz with lemon and salt again on the unseasoned side. Move off heat.

Prepare plate with Chevre on bottom; add okra and tomatoes; top dress with turmeric and Umami drops. And enjoy!

*(Inspired by an Oldways recipe.)*

*To be very honest and transparent I chose this recipe because I love anything that is African-inspired or Black!!! This okra is Black and proud just like myself. This seed pod fruit has been one of my favorites ALL MY LIFE, no joke! As I have gotten more wise and discovered new ways to prepare it...not one of those findings have led me astray...Okra is just good and it's here to stay.*

*Happy Okra-versary! #TeamOkra*



*Looking for farm-fresh okra and other local vegetables and products? Find the farmers and vendors mentioned in the recipes at our farmers markets.*

COMMUNITY FARMERS MARKETS

## **2021 SCHEDULE**

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### **DECATUR FARMERS MARKET**

*Wednesdays from 4-7pm, at First Baptist Church of Decatur  
308 Clairemont Ave, Decatur, GA 30030*

### **PONCE CITY FARMERS MARKET**

*Wednesdays from 4-8pm, at The Shed on The BeltLine  
675 Ponce De Leon Ave Atlanta, GA 30308*

### **VIRGINIA HIGHLAND FARMERS MARKET**

*Thursdays from 4-8pm, at Farm Burger VaHi  
1017 N Highland Ave NE, Atlanta, GA 30306*

### **EAST ATLANTA VILLAGE FARMERS MARKET**

*Thursdays from 4-8pm, at the EAV Farmers Market garden  
572 Stokeswood Ave SE, Atlanta, GA 30316*

### **OAKHURST FARMERS MARKET**

*Saturdays from 9am-1pm, at Sceptre Brewing Arts  
630 East Lake Dr. Suite E Decatur, GA 30030*

### **GRANT PARK FARMERS MARKET**

*Sundays from 9am-1pm, at The Beacon Atlanta  
1039 Grant St SE Atlanta, GA 30315*