

Meatloaf Meal

Fried Okra

INGREDIENTS

- 8 cups Fresh Okra (Sliced).....○
- 1 tablespoon Salt.....○
- 1 tablespoon Black Pepper.....○
- 1 cup Yellow Corn Meal.....○
- ½ cup All Purpose Flour.....○
- 1 cup Crisco Shortening.....○

PREPARATION

- Rinse okra and slice.
- Lightly salt and pepper okra. Add cornmeal and flour. Mix well.
- Heat Crisco in cast iron skillet until very hot. Add okra and cook until dark brown or black, depending upon taste. Some people like it burnt.
- Remove to platter with paper towels for draining.

Serves 4 to 6.