



Home Style Summer Fried Okra

1 lb fresh okra, cut into 1-inch pieces
1 cup cornmeal (I like Lamb's from Converse, Texas)
1 cup flour
1 TBS House Seasoning*
1 TBS sugar
1 1/2 cups buttermilk*
oil for frying

Heat oil in a cast iron skillet over medium heat.

In a shallow dish mix cornmeal, flour, seasoning and sugar. Soak the okra in a small bowl of buttermilk. With a slotted spoon, lift and drain the okra from the buttermilk and dredge in the cornmeal mixture until well coated.

Fry okra in small batches one to two minutes, until golden brown. Drain on paper towels.

* I made **Paula Deen's House Seasoning** mix a while back and I use it frequently. Try it:

1/2 cup salt

1/8 cup garlic powder

1/8 cup black pepper

Stir ingredients together and store in a shaker

* If you don't have buttermilk on hand, warm regular milk to cut the chill and add a generous squeeze of fresh lemon juice.