

WET FRIED OKRA (Alton Brown)
The Cooks Next Door

1 pound okra, stems removed
1/2 cup cornmeal
Vegetable oil, for frying
Kosher salt

Cut the okra into 1/4-inch pieces and place into a colander. Rinse under cold water and allow to drain only slightly.

Place the cornmeal into a sealable ziptop bag. Add the okra and shake to coat thoroughly.

Add enough vegetable oil to a cast iron or stainless steel skillet in order to completely cover the bottom of the pan. Place over medium heat and heat until the oil reaches 370 degrees F (when you put a drop of water in, it sizzles). Add the okra all at once and fry until golden brown on 1 side, approximately 6 to 7 minutes. Do not disturb until the bottom is golden brown. Turn the okra with a spatula and do not disturb until the majority of the other side is golden brown as well, approximately 3 to 4 minutes. Now stir occasionally until all of the okra is golden on all sides, approximately another 3 to 4 minutes. Remove the okra from the pan with a slotted spoon or spatula to a cooling rack set over a newspaper-lined sheet pan. Season, to taste, with salt and allow to cool for 1 to 2 minutes before serving.