

**SOUTHERN FRIED OKRA**

Yield 100

Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
184 cal	15 g	2 g	13 g	0 mg	212 mg	57 mg

**Ingredient**

OKRA,FROZEN,CUT  
 CORN MEAL  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND  
 SHORTENING

**Weight**

15 lbs  
 1-7/8 lbs  
 1-1/4 lbs  
 1-7/8 oz  
 1/8 oz  
 1-3/4 lbs

**Measure**

2 gal 1-1/4 qts  
 1 qts 2 cup  
 1 qts 1/2 cup  
 3 tbsp  
 1/3 tsp  
 1 qts

**Issue****Method**

- 1 Thaw okra. Mix cornmeal, flour, salt and pepper. Dredge okra in mixture.
- 2 Fry on well greased 375 F. griddle 10 minutes or until golden brown. CCP: Hold at 140 F. or higher for service.