

Carolina Okra Beignets

Fried okra takes on a whole new meaning when it's in the form of beignets, which are easier to make than you'd think.

written by [COMMUNITY COOKBOOK SERIES](#) From Our State Magazine



PHOTOGRAPH BY MATT HULSMAN

1 pound small, firm, fresh okra
2 medium onions, minced
½ small green bell pepper, seeded and minced
3 tablespoons all-purpose flour
¼ cup fine dry bread crumbs
½ teaspoon salt, plus more as needed
1 large egg
1 tablespoon half-and-half
½ teaspoon Tabasco sauce
Vegetable shortening for deep-frying

Rinse okra, remove stems, and thinly slice pods. In a bowl, combine okra, onions, and bell pepper, and toss until combined.

Add flour, bread crumbs, and ½ teaspoon salt, and toss again.

In a small bowl, whisk together egg, half-and-half, and Tabasco. Pour over the okra mixture, stir until all ingredients are incorporated, and let stand for about 30 minutes.

With a slotted spoon to paper towels to drain. Sprinkle with a little extra salt and serve piping hot.

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