



Fried Okra

a taste of history on the Floridian table

Okra originated in Africa, and it was brought to the Americas by European traders during the enslavement of African people. The process of deep-frying battered vegetables in oil is rooted in West African and Congolese cuisines, and enslaved Africans in the Americas continued to fry okra in much of the same way it was fried in West Africa. Battered and fried foods became popular during the economic depression that followed the Civil War, and by the 20th century fried okra had become a permanent dish in both wealthy and poor households throughout the South. Often served as a side dish, fried okra continues to play an important role in Southern cuisine and African-American Soul Food traditions today.

To learn more about Florida's culinary history, visit floridaheritagefoods.com

Plate of fried okra



19TH CENTURY FRIED OKRA RECIPE

30
MINUTES
TOTAL

3
TOTAL
SERVINGS



INGREDIENTS

one egg	salt and pepper
okra	flour

DIRECTIONS

1. Boil the okra in salt-water until tender.
2. Mash it up, and stir in one egg, pepper, salt, and flour enough to hold together.
3. Take up a large spoonful, and fry in hot lard (or preferred oil).

FACTS

Okra is an ancient African crop that made its way to the Americas through the enslavement of African people. Highly nutritious and delicious, Okra became a staple food in southern American cuisine, and it remains a key ingredient in African-American 'Soul Food' cooking today. Easy to grow, Okra is enjoyed throughout the world in soups and stews, fried, baked, and sauteed.

Okra is rich in fiber, calcium, magnesium, vitamin C and vitamin B6.

Recipe adapted from Gulf City Cook-Book (1878) St. Francis Street Methodist Episcopal Church, South (Mobile, Ala.) pg. 12

For more Florida heritage recipes, visit floridaheritagefoods.com

SF SANTA FE
COLLEGE