

# NITTY GRITTY OKRA

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## Ingredients

1-pound fresh Okra,  
washed & trimmed

1 Cup Flour

2 Tablespoons JM  
Thomason Creole Spice

1 Cup Shelton Farms  
Grits

1 Cup Hickory King  
Cornmeal

1 teaspoon Salt

½ - 1 Cup half & half or  
1 Cup milk + 1 egg  
beaten

## Directions

Combine flour and creole spice with a fork in a medium bowl.

Combine cornmeal and grits in a separate bowl with salt.

Pour milk into a third bowl and prepare 2 baking sheets- one for the breaded okra, and one with paper towels for the fried okra.

Heat a deep fryer or a Dutch oven with at least an inch of oil to 365F.

Toss several pieces of okra at a time first in the seasoned flour, then in the milk and thirdly into the grit mixture until well coated, and place on first baking sheet. Repeat for remaining okra and then begin to deep fry.

When golden and crisp, about 2 minutes, strain out of the oil and transfer onto paper-lined baking sheet to drain off excess oil and cool off.

Serve immediately with your favorite dipping sauce.