



## Crispy Okra Corn Cakes

By Dylan Sabuco

**Prep Time** 5 / **Cook Time** 15 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

### Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Large mixing bowl
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Wooden spoon

### Ingredients

#### Crispy Okra Corn Cakes

- ☐ 2 C frozen sliced okra
- ☐ 1 C fine cornmeal
- ☐ 1 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub 1 1/4 C gluten-free/nut-free all-purpose flour)**\*\***
- ☐ 1 1/2 tsp baking powder

- ☐ 1/4 tsp salt
- ☐ 2/3 C vegetable oil **\*\*(for SOY ALLERGY sub avocado oil)\*\***
- ☐ 1 T granulated sugar, brown sugar, or honey
- ☐ 3/4 C water
- ☐ 1 egg **\*\*(for EGG ALLERGY sub 1 small zucchini, grated)\*\***
- ☐ 2 tsp nutritional yeast, optional

## Food Allergen Substitutions

### Crispy Okra Corn Cakes

**Gluten/Wheat:** For 1 C all-purpose flour, substitute 1 1/4 C gluten-free/nut-free all-purpose flour.

**Soy:** Substitute avocado oil for vegetable oil.

**Egg:** For 1 egg, substitute 1 small zucchini, grated.

## Instructions

### Crispy Okra Corn Cakes

#### measure + stir

In a large bowl, measure and add **2 cups frozen sliced okra, 1 cup fine cornmeal, 1 cup flour, 1 1/2 teaspoon baking powder, 1/4 teaspoon salt**, and **2 teaspoons nutritional yeast** if using. Stir with a wooden spoon until well combined.

#### measure + combine

In another bowl, measure and add **2/3 cup vegetable oil, 1 tablespoon sugar**, and **3/4 cup water**. Crack in **1 egg**. Stir to combine. Then, pour the dry ingredients into the wet ingredients. Stir until the only lumps are the okra floating in the batter.

#### preheat + bake + serve

Preheat your oven to 375 F. Add 1 teaspoon of vegetable oil\*\* to each well of a muffin pan. Then, pour in 2 tablespoons of batter into each of the wells. Slide the muffin pan into the preheated oven and cook for 15 minutes or until golden brown. Serve alongside **One-pot West African Perfectly "Perloo" Rice**. Cheers!

## Featured Ingredient: Okra!

Hi! I'm Okra!

"You may not be familiar with me yet, but I'm a popular ingredient in the cuisines of the southern US, especially gumbo. I can be a bit slimy, especially if I get too moist—wouldn't you if it was really humid?! Cooking me with something acidic, like tomato and vinegar helps. I'm often referred to as a "lady's finger" because of my shape!"

## History

Okra is believed to have originated in Africa, and its name is derived from an African language! Egyptians first cultivated the plant, and it spread through North Africa, the Middle East, Europe, and Asia. Okra first came to the United States in the early 1700s with the slave trade.

Okra is considered the "world traveler" of vegetables! That's because it's used in recipes and dishes around the world.

Southern soldiers used to drink a coffee substitute made from dried and ground okra seeds during the Civil War.

## Anatomy

An okra plant can grow as tall as 6½ feet high! They produce edible pods that are long and thin and come to a point at the end. Their shape gave them the nickname "ladies' fingers." They look more like witches' fingers!

If you cut a cross-section of an okra pod, you'll see that the seeds are arranged in a pattern that looks like a flower. Because it has seeds, okra is technically a fruit! But in the kitchen, it is considered a vegetable.

Okra comes in two varieties: red and green! When you cook red okra, it turns green.

Okra plants produce beautiful white flowers with dark purple centers.

## How to Pick, Buy, & Eat

Okra thrives in warm, temperate weather and can tolerate high heat and drought.

The parts of the okra plant you can eat are its green pods, seeds, and leaves!

Okra can be pickled, canned, stewed, grilled, fried, pan-seared, and roasted.

Okra contains soluble fiber, which, when cooked, results in a gelatinous goo that cooks use to thicken dishes.

Okra seeds are pressed and processed into oil used for cooking.

Old or mature okra is used to make paper and rope!

When buying fresh okra, choose medium-small pods as they're more tender and less stringy.

Okra can be steeped in water overnight to make a delicious tea!

Don't wash your okra until just before you're ready to cook it, or you might end up with a gooey mess!

## Nutrition

Fiber! Okra has lots of fiber to help keep our intestines clean and digestion running smoothly!

B-Vitamins! B vitamins help the body use the food we've eaten for energy!

Antioxidants! Okra has high levels of these nutrients that support our immune system, keep us from getting sick, help us stay strong, and help us grow!