

Kentucky (Tuck) Perry Allen's Fried Okra

1 pound of fresh okra

1 cup of self-rising cornmeal

1 teaspoon of salt

2 cups of buttermilk

1 cup of self-rising flour

¼ teaspoon pepper

1 teaspoon of salt

Cut off the tips of the okra

Slice about a half in thick, stir in the buttermilk and let it sit about 30-45 minutes

Combine cornmeal, flour, salt, pepper, in a bowl. Remove the okra from the buttermilk with a slotted spoon. Coat in the cornmeal mixture, Fry in batches in hot oil on top of the stove.

This is a recipe from my Gran, Kentucky (Tuck) Perry Allen. Gran could make anything, and it was delicious.

About the cook:

This was one of the few things my Gran actually put in a recipe form. Gran made everything with a "smidge" of this and a "dash" of that. She was my Mom's stepmother- I never met my Mom's Mother she passed when my Mom was child. Tuck was what everyone called her was a great cook. She is sitting in the middle of the photo with her family surrounding her. My love for Okra and fried cornbread is because of this lady.

Submitted by Tammy Lemaster



Kentucky (Tuck) Perry Allen, sitting in the middle of the front row