



Carolina Okra Beignets

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.

In a large, heavy skillet, heat about 1 inch of shortening to 375° on a deep-fat thermometer, drop okra mixture by tablespoons into hot oil. Fry until golden brown and crisp on all sides, 3 to 4 minutes, and transfer with a slotted spoon to paper towels to drain. Sprinkle with a little extra salt and serve piping hot.