

Carrboro Farmers' Market

SOUTHERN FARE

Featuring Farm Fresh Recipes from 6 Local Chefs
Who Regularly Shop at the Carrboro Farmers' Market!

Fried Okra with Hot Tomato Relish

From

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Serves 8 as a substantial appetizer.

2 pounds okra*, stem end removed and slice on the bias into long, 1/4 inch thick strips raw

Chickpea flour dredge:

2 cup chickpea flour

2 cup all purpose flour

8 t salt

4 T ground coriander

4 T whole cumin

4 t ground fennel

4 t ground black pepper

4 t garam masala

Liquid:

6 eggs

1 ½ cups buttermilk

4 T finely chopped Serrano peppers*

1 tsp salt

Mix 1 3/4 cups of the dredge with the okra, and then gently combine with 12 ounces of the liquid.

Fry small clumps of the okra in 375 degree oil about 1 1/2 – 2 minutes or until the coating is golden brown and the okra is tender, but bright green.

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**Carrboro Farmers' Market open Saturday mornings until December 22
and Wednesday afternoons until October 17, 2007**

Southern Village Farmers' Market Thursday afternoons May 1 – August 28, 2008

Serve with hot tomato relish or a chutney.

HOT TOMATO RELISH - FOR FRIED OKRA

4 T corn oil
2 T yellow mustard seeds, whole
3/4 C slivered garlic*
5 t turmeric, ground
2 t cayenne
2 t salt
20 plum tomatoes*, blanched, peeled and chopped
1 cup white vinegar

Heat oil in non-reactive saucepan over medium heat. Add mustard seeds and garlic- cook, stirring until mix starts to turn golden brown and the mustard seeds pop. Add turmeric, cayenne, salt and tomatoes. Stir and cook until tomatoes begin to soften and release liquid, about five minutes. Add vinegar and bring to boil. Reduce the heat, cover and simmer until slightly thickened, about 10 minutes.

** Seasonal ingredients available at the Carrboro Farmers' Market*

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