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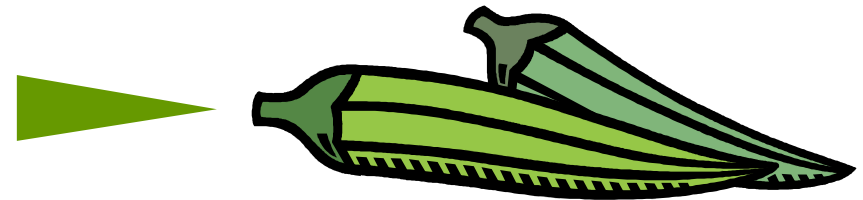


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PITTSBURG CO OSU EXTENSION



Okra & Corn Bake—Stir-
Fried Okra—Curried Okra
with Onions—Okra with
Shrimp & much more



COOKING WITH OKRA



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Okra and Corn Bake



INGREDIENTS:

- 2 cups sliced fresh or frozen okra
- 3 to 4 tablespoons butter, divided
- 1 can (11 to 15 ounces) whole kernel corn, or about 1 1/2 cups cooked corn kernels
- 2 tablespoons flour
- 1 cup milk
- 8 ounces shredded sharp Cheddar cheese
- 1 cup dry bread crumbs

PREPARATION:

Stir-fry okra in 2 tablespoons butter for 10 minutes. Place in baking dish alternating layers with drained corn. Make a white sauce by melting remaining butter in a saucepan over low heat and blending in flour. Milk should be added all at once, cooking quickly and stirring constantly. Cheese is stirred in until blended. Pour this mixture over vegetables. Melt remaining 1 or 2 tablespoons of butter and toss with bread crumbs. Sprinkle buttered crumbs over casserole- Bake at 350° for approximately 45 minutes, until the casserole is heated through and the crumbs are brown.

6 to 8 servings

Okra Recipe

- 1/2 pound okra, cut into 1/2-inch rounds
- 1 small onion, chopped
- 1 medium tomato, chopped
- 2 to 3 Ritz crackers, crushed
- 1 egg
- bacon drippings
- 1/2 cup shredded Cheddar cheese

Using med. heat, sauté okra and onion in small amount of bacon drippings until crisp-tender. Add chopped tomato; stir, cooking, about 5 mins. Sprinkle on crushed crackers. Blend lightly. Cook about 5 mins.

Reduce heat. Break egg onto the mixture. Blend lightly until egg begins to congeal. Shape into a flat mound. Sprinkle grated cheese on top and slip under broiler until cheese melts.

Serves 2



Eggplant Parmesan

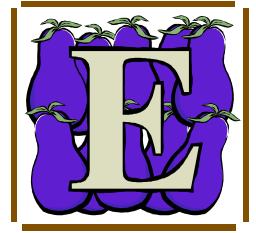
INGREDIENTS:

- 1 large eggplant, about 2 pounds
- 3/4 cup olive oil
- 2 cups canned tomato sauce
- 1 teaspoon dried basil
- 1/2 teaspoon garlic powder
- 1/4 cup grated Parmesan cheese
- 8 ounces shredded Mozzarella cheese

PREPARATION:

Peel eggplant and cut into 1/4-inch slices. Fry on both sides in skillet in hot oil until browned. Drain well on paper towels. Place a layer of eggplant slices in a shallow baking dish, cover with some tomato sauce, sprinkling of basil and garlic powder, a little Parmesan cheese and a little of Mozzarella cheese. Repeat layers until all ingredients are used, ending with Mozzarella cheese. Bake, uncovered at 400 degrees for 15 to 20 minutes.

Serves 4 to 6



Ratatouille

INGREDIENTS:

- 2 tablespoons olive oil
- 2 cloves garlic, crushed and minced
- 1 large onion, quartered and thinly sliced
- 1 small eggplant, cubed
- 2 green bell peppers, coarsely chopped
- 3 to 4 small zucchini, cut into 1/4-inch slices
- 1 teaspoon dried leaf basil
- 1/2 teaspoon dried leaf oregano
- 1/4 teaspoon dried leaf thyme
- 2 tablespoons chopped fresh parsley

PREPARATION:

In a 4-quart Dutch oven or saucepan, heat olive oil over medium heat. Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes. Add eggplant; stir until coated with oil. Add peppers, stir to combine. Cover and cook for 10 minutes, stirring occasionally to keep vegetables from sticking. Add tomatoes, zucchini and herbs; mix well. Cover & cook over low heat about 15 minutes, or until eggplant is tender but not too soft.

Serves 4

Eggplant Casserole

- 2 medium eggplant
- 1 can (15 ounces) tomatoes
- 1/2 teaspoon sugar
- 2 cloves garlic — finely chopped
- Parmesan cheese

Cook tomatoes, sugar and garlic, covered, while preparing eggplant. Peel and slice eggplant; fry in cooking oil until slightly browned and tender. Drain well on paper towels. Place layer of eggplant in casserole dish; spoon part of tomato mixture over it; sprinkle with Parmesan cheese.

Continue until all ingredients are used. Top with Parmesan cheese. Bake at 350° for 20 to 30 minutes, until casserole is bubbly. **Serves 4**

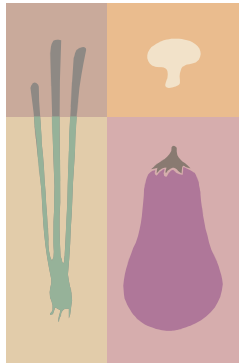
Eggplant Lasagna

INGREDIENTS:

- 1 1/2 pounds eggplant, thinly sliced
- Vegetable spray
- 2 tablespoons olive oil
- 1/2 cup chopped onion
- 16 ounces sliced mushrooms
- 9 lasagna noodles
- 1 jar (16 ounces) spaghetti sauce with vegetables
- 8 ounces ricotta cheese, part-skim
- 4 ounces shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese

PREPARATION:

In large nonstick skillet sprayed with vegetable spray, quickly brown eggplant slices; set aside. In the same skillet in hot olive oil, cook onion for about 3 to 4 minutes, stirring occasionally, or until tender. Add mushrooms; cook, stirring frequently, about 5 minutes or until mushrooms are tender. Cook lasagna noodles in boiling salted water according to package directions. Into an 11x7-inch baking dish, spoon about 1/4 of the sauce. Arrange three alternate layers of lasagna noodles, ricotta, mushroom mixture, mozzarella cheese, eggplant slices, sauce and Parmesan cheese. Bake eggplant lasagna at 350° for 30 to 40 minutes.



Microwave Okra Succotash

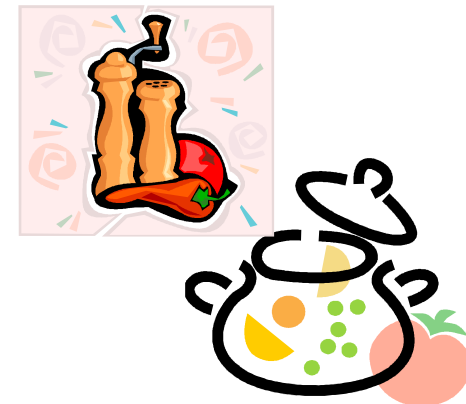
INGREDIENTS:

- 1/4 cup chopped onion
- 1 can (14.5 ounces) diced tomatoes
- 1/4 teaspoon ground cumin
- 1/4 teaspoon turmeric
- 1 teaspoon mustard seed
- 1/2 teaspoon chili powder
- dash cayenne pepper
- 1/2 teaspoon salt
- 1/4 teaspoons black pepper
- 1 tablespoon vegetable oil
- 1 pound fresh okra, stemmed, sliced into 1/2-inch rounds
- 1 1/2 to 2 cups diced tomatoes
- 1 1/2 cups corn kernels, fresh or frozen
- fresh chopped cilantro or parsley

PREPARATION:

In a large microwave-safe dish combine chopped onion, tomatoes, cumin, turmeric, mustard seed. Chili powder, cayenne pepper, salt, pepper, and vegetable oil. Microwave, uncovered, on HIGH for 5 minutes, or until steaming hot.

Add the okra potatoes, and corn; stir to blend ingredients. Cover dish; microwave on HIGH for 10 minutes, or until the potatoes are tender. Sprinkle the cilantro or parsley over the succotash before serving. **Serves 4 to 6**



Okra With Tomato Sauce

INGREDIENTS:

- 1 pound fresh baby okra. washed, dried, stem ends trimmed very close to top, or use frozen thawed whole baby okra
- 2 tablespoons olive oil
- 1/4 cup finely chopped onion
- 1 clove garlic, finely minced
- 2 medium tomatoes, peeled, diced, or 1 can (14.5 ounces) diced tomatoes
- 1 tablespoon lemon juice
- dash salt and pepper

PREPARATION:

Heat 1 tablespoon olive oil in a saucepan over medium-high heat. Sauté the okra for 3 to 5 minutes, then remove with slotted spoon to paper towels. Heat the remaining tablespoon of olive oil in the saucepan.

When hot, add the chopped onion; sauté for 2 to 3 minutes. Add the garlic and sauté another 2 minutes. Add the diced tomatoes and stir together until the mixture boils. Turn down to a simmer, add the lemon juice, salt and pepper. Simmer for 30 minutes longer. To serve spoon about a few tablespoons of sauce into a serving dish. Top with the okra then cover with remaining sauce.

Serves 4 to 6

Okra and Corn and Tomatoes

INGREDIENTS:

- 3 cups very cold water
- 1 tablespoon fresh lemon juice
- 1 1/2 to 2 cups fresh sliced okra
- 2 to 3 tablespoons bacon drippings
- 1 medium onion, finely chopped
- 1 clove garlic, minced
- 1 1/2 cups sliced okra
- 2 cups fresh corn kernels or frozen thawed corn kernels
- 2 large ripe tomatoes, peeled, seeded, and chopped
- Salt and freshly ground black pepper, to taste

PREPARATION:

Combine water and lemon juice in a large bowl. Add sliced okra and let soak for about 30 minutes. In a large heavy skillet, heat bacon drippings over medium heat. Sauté onion and garlic until tender. Add okra and continue cooking for about 5 minutes, stirring constantly. Add remaining ingredients and cook for 10 to 15 minutes longer. If necessary, add water to keep vegetables from sticking. Reduce heat to low, cover, and simmer for 5 minutes longer.

4 to 6 servings



Microwave Okra Succotash

INGREDIENTS:

- 1/4 cup chopped onion
- 1 can (14.5 ounces) diced tomatoes
- 1/4 teaspoon ground cumin
- 1/4 teaspoon turmeric
- 1 teaspoon mustard seed
- 1/2 teaspoon chili powder
- Dash cayenne pepper
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon vegetable oil
- 1 pound fresh okra, stemmed, sliced into 1/2-inch rounds
- 1 1/2 to 2 cups diced tomatoes
- 1 1/2 cups corn kernels, fresh or frozen
- fresh chopped cilantro or parsley

PREPARATION:

In a large microwave-safe dish combine chopped onion, tomatoes, cumin, turmeric, mustard seed, chili powder cayenne pepper, salt, pepper, and vegetable oil. Microwave, uncovered, on HIGH for 5 minutes, or until steaming hot.

Add the okra potatoes, and corn; stir to blend ingredients. Cover dish; microwave on HIGH for 10 minutes or until the potatoes are tender. Sprinkle the cilantro or parsley over the succotash before serving.

Serves 4 to 6

Stir-Fried Okra Recipe

INGREDIENTS:

- 2 cups fresh okra, washed, trimmed, thinly sliced
- 1 large tomato, peeled and sliced into 8 thin wedges
- 1/4 cup green onions, sliced, white and green
- 1 1/2 teaspoons fresh lemon juice
- 1/4 teaspoon leaf thyme, crushed
- 1 teaspoon salt
- Dash pepper
- 1 tablespoon vegetable oil
- 2 tablespoons butter



PREPARATION:

Prepare all vegetables as indicated and have ready for cooking. In a small bowl, combine lemon juice, thyme, salt, and pepper.

Heat oil and butter in a wok or large skillet. Add vegetables and seasoning mixture all at once. Toss and cook for 5 to 8 minutes.

Serves 4

Okra With Shrimp

INGREDIENTS:

- 1 pound okra, trimmed, washed, sliced
- 3 tablespoons olive oil
- 3 tablespoons butter
- 1 medium onion, coarsely chopped
- 1 green bell pepper; seeded and coarsely chopped
- 4 large tomatoes; peeled, seeded and chopped
- 1/2 cup dry white wine
- 2 tablespoons lemon juice
- 1 tablespoon fresh parsley, chopped
- Salt & black pepper
- 1 to 1 1/2 pounds shrimp; peeled and deveined
- Hot cooked rice



PREPARATION:

Heat the oil and butter in a large skillet until the butter is melted. Add the onion and bell pepper; toss to coat evenly. Stir in the okra and cook over medium heat until the onion is translucent. Add the tomatoes, wine, lemon juice, parsley, salt, and pepper. Simmer, stirring occasionally until the tomatoes soften. Add the shrimp and continue cooking for 3 to 4 minutes, or until the shrimp turns pink and opaque. Serve with hot cooked rice. *Serves 4*

Curried Okra With Onions

INGREDIENTS:

- 1 pound okra, washed, trimmed, cut into 1/2-inch thick slices
- 2 tablespoons vegetable oil
- 1 large onion, quartered and sliced
- Dash cayenne pepper, or more to taste
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon mild curry powder, or to taste
- Salt and pepper, to taste

PREPARATION:

Heat the oil in a large heavy non-stick or well seasoned iron skillet; add okra and fry for 10 minutes; turning frequently to keep from sticking. When the okra is lightly browned, add remaining ingredients. Continue cooking for an 3 minutes longer, or until onions are tender.

Serves 6

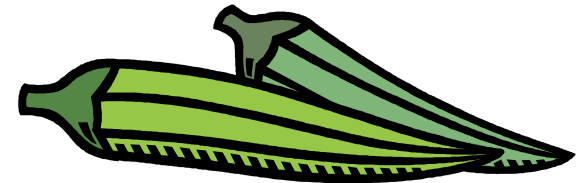
Fresh Okra Succotash

INGREDIENTS:

- 1 quart okra, washed and sliced
- 1 cup young fresh lima beans
- 1 cup fresh corn kernels
- 3 large tomatoes
- 1 tablespoon butter
- 1 teaspoon salt
- 1/4 teaspoon black pepper

PREPARATION:

Peel and seed tomatoes; cut into small pieces and place in a large, non-reactive sauce pan, stock pot or Dutch oven Add sliced okra, salt and pepper. Cover the pot and simmer gently for 15 minutes. Add lima beans- simmer for another 15 minutes, then add the corn. Cook 20 minutes longer; add butter and stir. Serve as a side dish. *Serves 4 to 6*

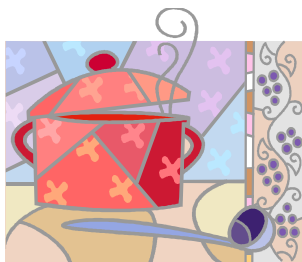


Crockpot Chicken and Sausage Gumbo

INGREDIENTS:

- 3 tablespoons all-purpose flour
- 3 tablespoons oil
- 1/2 pound smoked sausage, cut into 1/2 inch slices
- 3/4 to 1 pound boneless chicken thighs, cut in bite-size pieces
- 1 1/2 to 2 cups frozen cut okra
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 3 cloves garlic, minced
- 1/4 teaspoon ground cayenne pepper, or to taste
- 1/4 teaspoon ground black pepper
- 1 can (14.5 ounces) diced tomatoes, undrained
- 1 cup frozen medium shrimp, cleaned and cooked
- 1 1/2 cups uncooked regular long-grain white rice

PREPARATION:



In small saucepan, combine flour and oil; mix well. Cook, stirring constantly, over medium-high heat for 5 minutes. Reduce heat to medium-low; cook, stirring constantly, about 8 to 12 minutes or until mixture turns a light red-brown. Place flour and oil mixture in 3 1/2 to 4-quart crockpot. Stir in all remaining ingredients except shrimp and rice.

Cover and cook on LOW for 7 to 9 hours.

Add cooked shrimp to the gumbo; mix well. Cover and continue to cook on LOW for 20 minutes longer. Meanwhile, cook rice according to package directions. Serve gumbo over hot cooked rice.

Serves 6 to 8



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Eggplant Patties

INGREDIENTS:

- 1 cup eggplant, diced & cooked until tender
- 3/4 cup cooked rice
- 1 egg
- 2 tablespoons flour
- 1/2 teaspoon salt
- Pinch black pepper
- Dash red pepper sauce
- 2 tablespoons grated onion
- 1/2 cup Cheddar cheese, shredded



PREPARATION:

Drain and measure cooked eggplant. Mix with remaining ingredients. Cover and chill for at least 1 hour. Heat bacon drippings or oil in a heavy skillet; drop in six patties and cook until crispy brown on both sides. Serve at once.

Serves 6

Scalloped Eggplant

INGREDIENTS:

- 1 medium eggplant, peeled and cubed (about 3 cups cubed)
- 1 tablespoon parsley, finely chopped
- 12 ounces grated Cheddar cheese - reserve a few tablespoons for topping
- 3 eggs
- 1 medium onion, chopped
- 1 cup cracker crumbs
- Salt and pepper to taste
- Butter

PREPARATION:

Boil eggplant cubes until tender, about 5 to 10 minutes; drain well. In a lightly buttered baking dish, combine eggplant, parsley, the cheese (save a little out for topping), eggs, onion and cracker crumbs. Sprinkle with remaining cheese, salt and pepper and dot with butter. Bake at 350° F. for about 25 minutes or until firm.

Serves 4