

## Crispy Okra Cornmeal Cakes: Southern Comfort Snack

Get ready to savor a true Southern delight with these incredibly



**OVEN**  
**375°F**

**TIME**  
**5 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 1 1/2 cups fresh okra, thinly sliced (or frozen, thawed and patted dry)
- 3/4 cup cornmeal (preferably fine or medium grind)
- 1/4 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon smoked paprika (optional)
- 1 egg
- 1/2 cup buttermilk (or 1/2 cup milk + 1 tsp lemon juice)
- 1/4 cup finely chopped onion or scallions
- 1 tablespoon chopped fresh parsley (optional)
- 3 tablespoons vegetable oil or canola oil for frying

#### Swaps and Notes:

**Okra:** Fresh okra is best for texture. If using frozen, ensure it's fully thawed and squeezed dry to remove excess moisture; this is crucial for crispiness.

**Cornmeal:** Fine or medium-grind yellow cornmeal will give the best texture and classic Southern flavor.

**Buttermilk:** Buttermilk adds a lovely tang and helps activate the leavening agents for a tender crumb.

If you don't have buttermilk, combine 1 teaspoon of lemon juice or white vinegar with 1/2 cup of regular milk and let it sit for 5 minutes before using.

**Smoked Paprika:** This is optional but highly recommended! It adds a subtle, smoky depth that complements the other flavors beautifully.

**Onion/Scallions:** Finely chopped yellow onion or green scallions both work.

**Parsley:** Fresh chopped parsley adds brightness and color. You can omit it or use fresh chives.

**Oil for Frying:** Vegetable oil or canola oil are good choices due to their neutral flavor and moderate smoke point. You can add more oil if you prefer slightly deeper frying, ensuring it's enough to coat the bottom of the pan evenly.

## DIRECTIONS

1. Let's get these crispy : Okra Cornmeal Cakes pan-frying to perfection!
2. Prep the : Okra: If you're using fresh okra, wash it thoroughly and pat it very dry before thinly slicing it into rounds. If using frozen okra, make sure it's completely thawed. Lay the thawed okra on paper towels and pat it dry to remove any excess moisture. This step is important for preventing a gummy texture and promoting crispiness.
3. Mix the : Dry Ingredients: In a large mixing bowl, whisk together the cornmeal, all-purpose flour, baking powder, salt, black pepper, and the smoked paprika (if using). Whisk well to ensure all the dry ingredients are evenly distributed.
4. Add the : Wet Ingredients: In a separate medium bowl, lightly beat the egg. Then, whisk in the buttermilk (or your homemade buttermilk substitute). Add the finely chopped onion or scallions and the optional chopped fresh parsley to the wet mixture. Now, gently fold the sliced okra into this wet mixture, ensuring it's evenly coated.
5. Combine : Batter: Pour the wet ingredients into the dry mixture. Stir gently with a spoon or spatula just until everything is combined and a thick batter forms. Be careful not to overmix; overmixing can lead to tough cakes. The batter should be thick but scoopable - if it feels too dry, add a splash more buttermilk, one tablespoon at a time, until it reaches a good consistency.
6. Heat the : Oil: In a large skillet (cast iron works wonderfully for even heat), heat the 3 tablespoons of vegetable oil or canola oil over medium heat until it

shimmers. You'll know it's ready when a small drop of batter sizzles immediately and floats to the surface when added to the pan.

7. **Cook the Cakes:** Scoop about 2 tablespoons of the batter for each cake and carefully drop it into the hot skillet. Gently flatten each mound with the back of a spoon to form a small, even cake. Cook for 2-3 minutes on each side until they're beautifully golden brown and crispy. Remember not to overcrowd the pan; work in batches if necessary to maintain consistent oil temperature and ensure even cooking.
8. **Drain and Serve:** Once golden and crispy, transfer the cooked cakes to a plate lined with paper towels to drain any excess oil. Serve them warm. Feel free to add your favorite hot sauce, a dip of aioli, or a nice squeeze of lemon for an extra zing that complements the flavors perfectly!
9. Enjoy these tasty bites that combine a unique twist of texture and flavor!

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## TIPS FOR SUCCESS

**Dry Okra is Key:** Whether fresh or frozen, patting the okra very dry is crucial.

Excess moisture leads to soggy cakes instead of crispy ones.

**Don't Overmix:** Mix the batter just until combined.

Overmixing develops gluten, which can make the cakes tough.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-okra-cornmeal-cakes-southern-comfort-snack/>