

Crispy Fried Okra: Easy Southern Classic Snack or Side

Get ready to indulge in a true taste of Southern comfort with this incredible



OVEN
375°F

TIME
5-8 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1 bag frozen cut-up okra (or equal amount of fresh okra, cut into 1/2-inch to 1-inch pieces)

1-2 cups flour (all-purpose)

1-2 cups cornmeal (yellow, fine or medium grind)

Salt and pepper to taste

4 eggs, beaten

Swaps and Notes:

Okra: You can use fresh okra (about 1.5-2 lbs) or frozen cut-up okra. If using fresh, wash and thoroughly dry before cutting. If using frozen, ensure it's thawed and very well patted dry to remove excess moisture; this is crucial for crispiness.

Flour & Cornmeal: The recipe gives flexibility. You can use equal parts of each (e.g., 1.5 cups flour, 1.5 cups cornmeal for a mixed dredge), or adjust the ratio based on your preference for a heavier flour coating or a more prominent cornmeal crunch. Yellow cornmeal is traditional.

Seasoning: Adjust salt and pepper to taste for the coating mixture. You can also add a pinch of garlic powder, onion powder, or paprika to the flour/cornmeal for extra flavor.

Eggs: Beaten eggs create the wet layer that helps the dry coating adhere to the okra.

Frying Oil: Use a neutral-flavored cooking oil with a medium-high smoke point, such as vegetable oil, canola oil, or peanut oil. You'll need enough to

cover about 1/4-inch depth in your frying pan.

DIRECTIONS

1. Let's get this delicious : Crispy Fried Okra cooking!
2. Prepare : Oil: Heat about 1/4-inch depth of cooking oil in a large frying pan (a cast iron skillet works wonderfully here) over medium heat. You want the oil to be hot enough to sizzle when you add the okra, but not smoking.
3. Season : Coating Mixture: In a large shallow bowl or dish, combine the flour and cornmeal. You can either mix them together thoroughly (e.g., 1.5 cups flour + 1.5 cups cornmeal) or use them in separate bowls for a double-dredge method (see notes below). Season the flour/cornmeal mixture generously with salt and pepper to taste. NOTE (as per recipe): Flour and cornmeal may be mixed together.
4. IF FLOUR AND CORNMEAL ARE MIXED: In a separate medium bowl, beat the 4 eggs until well combined. Dredge the okra (ensure it's dry!) in the beaten eggs, letting any excess drip off, then immediately transfer and dredge thoroughly in the seasoned flour-cornmeal mixture. Ensure each piece is fully coated.
5. (Alternative Double-Dredge for extra crispy: If you prefer, you can have separate bowls for flour, then egg, then cornmeal. First, lightly dredge okra in plain flour, then egg, then seasoned cornmeal for a thicker coating.)
6. Fry the : Okra: Gently place the coated okra pieces into the heated oil in a single layer. Do not overcrowd the pan; fry in batches if necessary, as overcrowding will lower the oil temperature and lead to soggy, greasy okra. Fry on medium heat until the okra pieces are beautifully golden brown and crispy on all sides. Stir occasionally to ensure all sides get

browned evenly. This typically takes about 5-8 minutes per batch.

7. Drain and : Serve: Once golden brown and crispy, remove the fried okra from the pan using a slotted spoon. Transfer the cooked okra to a plate lined with paper towels to soak up any excess oil. Serve immediately while hot and crispy, and enjoy!

SWAPS & NOTES

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If using frozen, ensure it's thawed and very well patted dry to remove excess moisture; this is crucial for crispiness.

Flour & Cornmeal: The recipe gives flexibility.

TIPS FOR SUCCESS

Dry Okra is Paramount: Whether fresh or frozen, ensuring your okra is very dry after washing or thawing is the single most important step for crispy fried okra.

Excess moisture leads to a gummy texture.

Proper Oil Temperature: Maintain medium heat for your oil.

If it's too low, the okra will absorb too much oil and be greasy.

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

Original recipe: <https://chefmaniac.com/crispy-fried-okra-easy-southern-classic-snack-or-side/>