

# farmyard

grow locally. produce organically. eat well.

## Okra Beignets with Cilantro Sour Cream Sauce

Recipe Adapted from Epicurious.com

### Ingredients:

#### **For beignets**

1 large egg  
1/4 cup heavy cream  
1/2 cup cake flour (not self-rising)  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/2 lb fresh okra, cut crosswise into 1/2-inch pieces (2 cups)  
1/2 bell pepper, cut into 1/4-inch dice (1/2 cup)  
1 small onion, cut into 1/4-inch dice (1/2 cup)  
1/2 cup cooked rice (preferably jasmine)  
About 6 cups vegetable oil for frying (1 1/2 qt)

#### **For sauce**

1 cup sour cream (8 oz)  
1 1/2 tablespoons chopped fresh cilantro  
1/2 teaspoon finely grated fresh lime zest  
1 1/2 tablespoons fresh lime juice  
1/2 teaspoon salt  
1/2 teaspoon black pepper

### Preparation:

#### **Make beignet batter:**

Whisk together egg and cream in a small bowl until combined.

Whisk together flour, salt, and pepper in a large bowl, then add okra, bell pepper, and onion, tossing to coat. Stir in egg mixture until combined well. Let stand 20 minutes, then stir in rice.

#### **Make sauce while batter stands:**

Stir together all sauce ingredients until combined. Chill, covered, until ready to serve.

#### **Fry beignets:**

Preheat oven to 200° F.

Heat 1 1/2 inches oil in a wide 4- to 6-quart heavy pot until thermometer registers 350° F. Carefully add level tablespoons of batter to oil 1 at a time and fry (in batches of 10 to 12), turning over once, until golden, 2 to 5 minutes per batch. Drain fried beignets briefly on a rack set over paper towels, then transfer to a baking pan and keep warm in oven while frying remaining batter. (Return oil to 350° F between batches.)  
Serve immediately, with sauce.

# farmyard

grow locally. produce organically. eat well.

## Curried Okra with Chickpeas and Tomatoes

Recipe Adapted from Epicurious.com

### **Ingredients:**

1/2 lb small fresh okra  
1 tablespoons vegetable oil  
1/2 medium onion, chopped  
2 garlic cloves, finely chopped  
1 teaspoon finely chopped peeled fresh ginger  
1 teaspoon curry powder  
1 (8 oz) can whole tomatoes in juice, tomatoes chopped, reserving juice  
1 (10-oz) can chickpeas, drained and rinsed (1 cup)  
1/3 cup water  
1/2 teaspoon salt  
1/4 teaspoon black pepper

### **Preparation:**

If using fresh okra, trim, leaving tops intact, being careful not to cut into pods.

Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion and garlic with ginger and curry powder, stirring, 2 minutes. Add tomatoes with their juice, chickpeas, and water and boil, uncovered, stirring occasionally, 3 minutes. Stir in okra, salt, and pepper and simmer, covered, stirring occasionally, until okra is tender, about 10 minutes.

# farmyard

grow locally. produce organically. eat well.

## Crispy Okra in Yogurt Sauce

Adapted from Epicurious.com

### Ingredients

7 tablespoons vegetable oil, divided  
1 pound okra, trimmed and sliced into 1/8-inch-thick rounds  
Salt  
1 cup grated dried unsweetened coconut  
1 teaspoon brown mustard seeds, divided  
1/2 teaspoon cumin seeds  
1 small fresh green chile, such as serrano, Thai, or jalapeño, stemmed and quartered  
1/2 cup to 1 cup water  
1 cup plain yogurt (not Greek-style)  
1/8 teaspoon hot red pepper flakes  
10 fresh curry leaves (optional)  
1 teaspoon fresh lemon juice

### Preparation

Heat 6 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Fry okra, stirring occasionally, until well browned and crisp, about 15 minutes. Transfer to paper towels to drain and season with 1 teaspoon salt.

Purée coconut, 1/2 teaspoon mustard seeds, cumin seeds, and chile in a blender or food processor with enough water (1/2 cup to 1 cup) to form a fine paste. Bring coconut paste and yogurt to a bare simmer in cleaned skillet, stirring, then remove from heat.

Heat remaining 1 tablespoon oil in a small heavy skillet over medium-high heat until it shimmers, then cook remaining 1/2 teaspoon mustard seeds and red pepper flakes until mustard seeds begin to pop and/or turn gray. Add curry leaves (if using), covering skillet immediately as the leaves crackle for a few seconds. Stir spice mixture into coconut mixture in skillet, then stir in fried okra, then lemon juice. Season with salt.

# farmyard

grow locally. produce organically. eat well.

## Chicken, Sausage, & Okra Gumbo

Adapted from Epicurious.com

### Ingredients

1 tablespoon kosher salt plus more  
1 teaspoon freshly ground black pepper  
1 teaspoon paprika  
1/2 teaspoon cayenne pepper  
3 pounds skinless, boneless chicken thighs  
1/2 cup (or more) vegetable oil  
1 pound andouille or other spicy smoked sausage, cut into 1/2" rounds  
1 cup all-purpose flour  
2 medium onions, finely chopped  
4 scallions, thinly sliced (white and pale parts separated from dark)  
2 celery stalks, finely chopped  
2 green bell peppers, finely chopped  
2 tablespoons chopped garlic  
8 cups chicken broth  
2 bay leaves  
1 teaspoon chopped fresh thyme  
2 cups 1/2"-thick slices fresh okra, divided  
1 1/2 teaspoons Worcestershire sauce  
1 teaspoon hot sauce (preferably Crystal)  
1 teaspoon filé powder plus more (optional)  
Steamed rice

### Preparation

Combine 1 tablespoon salt and next 3 ingredients in a small bowl; sprinkle all over chicken. Heat 1/2 cup oil in a large heavy pot over medium heat. Working in batches, sear chicken until golden brown, about 5 minutes per side. Transfer to a plate. Add sausage to pot; cook until browned, about 4 minutes per side. Transfer to plate with chicken. Strain drippings from pot through a fine-mesh sieve into a 2-cup heatproof measuring cup; reserve 1 cup drippings, adding more oil if needed to measure 1 cup. Wipe pot clean; return drippings to pot.

Heat drippings over medium heat. Whisk in flour. Whisk constantly until roux is the color of milk chocolate, 15-20 minutes. Reduce heat to low; add onions. Cook, stirring occasionally, until soft, about 10 minutes. Stir in white and pale-green parts of scallions and next 3 ingredients. Cook, stirring often, until soft, about 10 minutes.

Slowly whisk in broth. Add bay leaves, thyme, and reserved chicken and sausage. Bring to a boil; reduce heat to low and simmer gently, skimming fat from surface and stirring occasionally, about 45 minutes.

Stir in 1 cup okra, Worcestershire, and hot sauce. Simmer until chicken is very tender and flavors meld, about 45 minutes. Stir in remaining 1 cup okra; simmer until okra is crisp-tender, about 5 minutes. Remove from heat. Season to taste with salt. DO AHEAD: *Can be made 2 days ahead.* Let cool slightly; chill uncovered until cold. Cover and keep chilled. Rewarm gently before continuing. Add 1 teaspoon filé powder, if using.

Serve gumbo over rice. Garnish with dark-green parts of scallions. Sprinkle with more filé powder, if desired.

# farmyard

grow locally. produce organically. eat well.

## Broiled Corn, Tomatoes, & Okra

Adapted from Epicurious.com

### Ingredients

2 medium vine-ripened tomatoes, halved and cut into 1/4-inch-thick slices

1 1/2 tablespoons olive oil

1/2 cup fresh corn kernels (cut from 1 ear of corn)

1/4 pound okra, trimmed and sliced 1/2 inch thick (about 1 cup)

1 tablespoon shredded fresh basil leaves

### Preparation

Preheat broiler.

Arrange tomatoes on a lightly greased jelly-roll pan and brush with 1 tablespoon oil. Season tomatoes with salt and pepper and broil about 4 inches from heat 5 minutes.

In a bowl toss together corn, okra, remaining 1/2 tablespoon oil, and salt and pepper to taste.

Spread corn and okra evenly on pan with tomatoes and broil about 4 inches from heat until tender, about 5 minutes. In a bowl toss vegetables gently with basil.

# farmyard

grow locally. produce organically. eat well.

## Pickled Okra

Recipe Adapted from Epicurious.com

### Ingredients:

1 pound okra (3 1/2 to 4 inches long)  
6 garlic cloves, peeled  
3 cups cider vinegar (24 fluid ounces)  
1 cup water  
1/2 teaspoon dried hot red pepper flakes  
1 1/2 tablespoons dill seeds  
1 tablespoon mustard seeds  
1 1/2 tablespoons kosher salt  
1 tablespoon sugar

Special equipment: 3 (1-pint) canning jars with screw bands and lids; an instant-read or candy thermometer

### Preparation:

#### **Sterilize jars and lids:**

Wash jars, screw bands, and lids in hot, soapy water, then rinse well. Dry screw bands.

Put jars on a rack in a boiling-water canner or a deep 8- to 10-quart pot and add enough hot water to cover by 2 inches. Bring to a boil, covered with lid, and boil 10 minutes. Heat lids in water to cover in a small saucepan until thermometer registers 180° F (do not let boil). Keep jars and lids submerged in hot water, covered, until ready to use.

#### **Make pickled okra:**

Drain jars upside down on a clean kitchen towel 1 minute. Tightly pack jars with okra, stem ends up, then put 2 garlic clove in each jar.

Bring remaining ingredients to a boil in a 2-quart nonreactive saucepan, stirring until sugar and salt are dissolved. Divide pickling liquid evenly among jars, leaving 1/4-inch space at top, then run a thin knife between okra and jar.

#### **Seal and process jars:**

Wipe off rims of filled jars with a clean damp kitchen towel, then firmly screw on lids with screw bands.