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May's Tasty Recipe List

The theme for May is spring, including wildflowers and spring peepers. The following recipe is provided to inspire you to think about all you can do with those flowers peeping up in your garden. Visit www.take-it-outside.org for event listings, outdoor activities describing seasonal & natural events, a new recommended reading list each month, and much more!

CAJUN TEMPURA OKRA WITH SCALLION DIPPING SAUCE

Tempura Batter:

- 1 cup all-purpose flour
- 1 cup cornstarch
- 1 tablespoon sugar
- 16 ounces soda water
- Peanut oil, for frying
- 2 pound fresh okra stem removed and halved

Seasoned Flour:

- 3 tablespoons Cajun seasoning
- 1 cup all-purpose flour
- Kosher salt, for seasoning
- Scallion Dipping Sauce, recipe follows

Scallion Dipping Sauce:

- 16 ounces sour cream
- 1 cup chopped scallions
- 1/4 cup honey
- 1 teaspoon cayenne pepper
- 1 teaspoon salt

In a medium sized bowl, whisk together all ingredients.

Whisk tempura ingredients together and let chill. Heat peanut oil in deep-fryer or a large Dutch oven to 375 degree F.

In a shallow pie plate, make the seasoned flour by add flour and 1 tablespoon Cajun seasoning and mix well. Season okra with 2 tablespoons Cajun seasoning. Dip okra in seasoned flour and then in tempura batter and place in oil, 1 at a time and fry until golden, about 4 minutes. Remove to a paper towel lined sheet tray. Season with salt. Serve with Scallion Dipping Sauce.

***I would recommend making the dipping sauce first!*