

Carrboro Farmers' Market

Blue Plate Special

Featuring Farm Fresh Recipes from 7 Local Chefs
Who Regularly Shop at the Carrboro Farmers' Market!

Fried Okra with Pickled Corn Aioli

From

Bret Jennings

Elaine's on Franklin – Chapel Hill

Serve with country style steak & gravy and mashed potatoes

1. Slice okra* in half lengthwise and soak in buttermilk.
2. Dredge in cornmeal mixture.
3. Heat corn oil to 375 degrees and fry okra in batches for 1 minute or until golden brown.
4. Pat dry and top with a dab or pickled corn aioli.

Cornmeal dredge

1 c. cornmeal
¼ c. all purpose flour
1 t. salt
pinch cayenne

Pickled corn aioli

2 egg* yolks
1 clove garlic
¼ c. cider vinegar (or pickling liquid)
pinch salt
1 c. corn oil
½ c. pickled corn
parsley

Continued on back

Carrboro Farmers' Markets

Carrboro Farmers' Market open Saturday mornings Year Round
and Wednesday afternoons April - October

Southern Village Farmers' Market open Thursday afternoons May - August

Pickled corn aioli – procedure

1. Add first 4 ingredients to food processor.
2. Slowly drizzle in oil w/ processor running (may need a little more or less oil depending on desired thickness of aioli– may want to have it a little thick because adding pickled corn will make aioli more thin)
3. Add pickled corn and parsley and pulse a few times to incorporate. (Do not over process if you want the aioli to be chunky)

* *Seasonal ingredients available at the Carrboro Farmers' Market*

© Bret Jennings Elaine's on Franklin 2009

Carrboro Farmers' Markets

**Carrboro Farmers' Market open Saturday mornings Year Round
and Wednesday afternoons April - October**

Southern Village Farmers' Market open Thursday afternoons May - August