



## Bacon Fried Okra

I love any recipe that utilizes an ingredient that might otherwise be discarded – especially something as flavorful as bacon drippings. The sweet and smoky bacon drippings used in this recipe give the okra a robust flavor that even those who dislike okra will enjoy and keep coming back for more. The quality of the okra is key; look for fresh, bright green okra that is not bruised or split. This is a perfect recipe to cook in cast iron pan on the grill, but it tastes equally delicious in cast iron on the stovetop – just make sure to use a splatter screen to protect your arms and lessen the mess.

Makes 4-6 servings

### INGREDIENTS

1 lb. fresh Okra, vibrant green and intact  
¼ cup Bacon Drippings\*  
1 tbsp Sweet Heat BBQ Rub (page xx)  
Kosher Salt, to taste  
1 tsp Siracha or a favorite hot sauce  
½ cup Mayonnaise

### PREPARATION

- Preheat grill to 350°F, direct heat.
- Combine the mayonnaise and siracha in a small bowl and set aside.
- Rinse the the okra under cool running water. Pat dry with a towel to remove excess moisture.
- Place a 10-12 inch cast iron pan on the grill. Add the bacon drippings or oil to the pan.
- When the bacon fat has melted and begins to shimmer, cook the okra in batches, making sure not to over crowd the pan. Cook for 2 minutes or until the okra begins to brown. Use a large metal slotted spoon to turn the okra and cook for 2 additional minutes.
- Transfer the okra to a plate lined with paper towels. Season with BBQ rub and salt. Allow to cool for 2-3 minutes and serve alongside the Siracha Mayonnaise.

\*Don't have bacon drippings? We recommend substituting a flavorful oil like peanut oil or pecan oil.