

Okra Fritters or "Hoe Cakes"

Recipe



Ingredients

- 1 cup Cornmeal
- 1 cup All-purpose Flour
- 3 tsp Salt
- 2 tsp Baking Powder
- 2 Eggs
- 1 cup Water
- 1 tsp Black Pepper
- 1 cup Yellow Onion, finely chopped
- 4 cups Okra, thinly sliced
- ¼ cup Olive/Canola oil blend

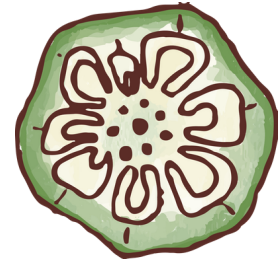


Photo by The Southern Lady Cooks

Instructions

1. Mix together the cornmeal, flour, 1 tsp of salt, and the baking powder in a mixing bowl.
2. In a separate bowl, whisk together the egg and water, then stir into dry ingredients, until just moist.
3. Sprinkle the remaining 2 tsp salt and the black pepper over the onion and okra, and toss. Fold the vegetables into the batter.
4. Heat the oil in a large flat skillet over medium heat.
5. Drop large spoonfuls of the batter (carefully) into the hot oil. Fry until the bottoms of the fritters start to brown, then flip to cook the other side. Fry the fritters until browned evenly.
6. Remove with a slotted spoon or spatula and drain on paper towels or a wire rack.

This recipe was generously shared with us by Chef Andrew Smith of West Egg Cafe, Atlanta, GA

Hoe cakes go back to enslaved Africans in the South. They had access to very little food most of the time. Cornmeal would be given out as rations along with pork fat. They would make lard from the pork fat and then mix the cornmeal and lard to make a pancake-like fried patty. They would add in anything else for nutrition, like okra sometimes, or other vegetables to this. Cooked corn, field peas and greens were added if any leftovers were around. While working in the fields on the plantation, they often used a common farm tool called a hoe to work the fields. Sometimes they would clean the hoe and then heat it over the fire. After heating the tool, they could then put the cornmeal and pork fat patty mixture on the hoe and hold it over the fire until it was cooked. This was a way to cook while still working in the fields or outside near the home.

This brief history was provided to us by Terri Carter of Cobb County Extension.