

# A Few Tips for Cooking Okra without the Slime!

- **Keep the Okra Whole** - Cutting the okra releases the juice that makes okra feel slimy. Instead, remove the stem and cook the pods whole. For smaller pieces, just use smaller pods, rather than cutting large pods.
- **Add Lemon or Lime Juice** - To cook okra in smaller sections or pieces, add a teaspoon or so of lemon or lime juice to the cooking water as you boil the okra.
- **Cut in the Right Place** - Cut the okra pods just above the ridge that goes around the top of the pod, exposing holes in the pod which will allow some of the fluid inside the pod to escape during cooking, but not enough to create excessive slime.
- **Sauté, Roast, Blanch or Grill** - Sautéing okra long enough will help remove the slime (10 to 12 minutes), as will roasting or grilling.

To prepare the roasted okra in today's tasting, lightly coat whole okra pods (use small, tender pods, not overgrown!) with olive oil, sprinkle *lightly* with coarse sea salt, and spread in a single layer on a cooking sheet. Roast at 400°F until tender (about 10 to 12 minutes), turning halfway through.

*Taste This!*

Howard County Farmers' Market  
September 22, 2017

