

**FRENCH FRIED OKRA**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
196 cal	21 g	5 g	11 g	3 mg	356 mg	125 mg

**Ingredient**

OKRA,FROZEN,CUT  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND  
 CHEESE,PARMESAN,GRATED

**Weight**

18 lbs  
 4-3/8 lbs  
 2-1/2 oz  
 1/4 oz  
 14-1/8 oz

**Measure**

2 gal 3 qts  
 1 gal  
 1/4 cup 1/3 tbsp  
 1 tbsp  
 1 qts

**Issue**

**Method**

- 1 Partially thaw okra. Break large pieces apart.
- 2 Combine flour, salt, pepper and cheese. Dredge okra in flour mixture; shake off excess.
- 3 Fry in 375 F. deep fat fryer for 2 minutes or until golden brown. Drain on absorbent paper. Serve immediately. CCP: Hold at 140 F. or higher for service.