



Charred Okra with Bacon Jam

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



371 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons t brown sugar dark packed
- 1 tablespoon honey
- 0.3 teaspoon kosher salt
- 3 cups chicken broth low-sodium
- 12 ounces okra fresh
- 8 ounces bacon thick-cut
- 1 tablespoon butter unsalted

- 0.3 medium onion yellow thinly sliced

Equipment

- bowl
- frying pan
- pot
- blender
- kitchen towels
- dutch oven

Directions

- Place the bacon in a large heavy-bottomed pot or Dutch oven over medium heat and cook, stirring occasionally, until the fat has rendered and the bacon is starting to brown, about 10 to 15 minutes.
- Add the onion, season with salt, and cook, stirring occasionally, until the onion has browned, about 5 minutes.
- Add the sugar and stir to combine.
- Add 1 cup of the broth and bring to a simmer, scraping up the browned bits from the bottom of the pot. Continue to simmer, stirring occasionally, until the mixture thickens and almost all of the liquid has evaporated, about 8 to 10 minutes.
- Add 1 more cup of the broth and simmer, stirring occasionally, until the mixture thickens and almost all of the liquid has evaporated, about 8 to 10 minutes.
- Add the remaining cup of broth, honey, Espelette, measured salt, and black pepper and stir to combine.
- Transfer the mixture to a blender and reserve the pot. Blend until smooth, removing the small cap from the blender lid (the pour lid) and covering the space with a kitchen towel (this allows steam to escape and prevents the lid from popping off). Return the mixture to the reserved pot, place over medium-high heat, and cook, stirring occasionally, until reduced to about 1 1/2 cups, about 6 to 8 minutes.
- Remove from the heat and stir in the butter; set aside. (At this point, the bacon jam can be cooled to room temperature and then refrigerated in an airtight container for up to 2 weeks. Rewarm before using.) For the okra: Trim the stems from the okra and cut each pod in half

lengthwise.

- Place in a large bowl, add the salt, and toss to combine; set aside.
- Heat a large, well-seasoned or enameled cast-iron skillet over high heat until very hot, about 3 minutes. Working in 2 to 3 batches so as not to crowd the pan, add the okra, cut-side down in a single layer, and sear undisturbed until charred on the bottom, about 2 to 3 minutes. Flip the okra and cook until crisp-tender, about 30 seconds more.
- Remove to a medium bowl.
- Remove the pan from the heat, add the okra in the bowl and 1/2 cup of the bacon jam to the pan (reserve the remaining bacon jam for another use), and stir to combine. Immediately transfer to a serving dish.

Nutrition Facts

PROTEIN 13.09% **FAT 62.72%** **CARBS 24.19%**

Properties

Glycemic Index:35.82, Glycemic Load:3.57, Inflammation Score:-7, Nutrition Score:14.078260965969%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 19.23mg, Quercetin: 19.23mg, Quercetin: 19.23mg, Quercetin: 19.23mg

Nutrients (% of daily need)

Calories: 371.14kcal (18.56%), Fat: 26.58g (40.89%), Saturated Fat: 9.68g (60.5%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 20.18g (7.34%), Sugar: 14.82g (16.47%), Cholesterol: 44.95mg (14.98%), Sodium: 583.16mg (25.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Manganese: 0.71mg (35.59%), Vitamin B3: 5.58mg (27.91%), Vitamin K: 27.1µg (25.81%), Vitamin C: 20.1mg (24.36%), Vitamin B1: 0.33mg (22%), Phosphorus: 190.23mg (19.02%), Vitamin B6: 0.37mg (18.25%), Selenium: 12.22µg (17.45%), Potassium: 546.05mg (15.6%), Magnesium: 58.94mg (14.74%), Vitamin A: 718.21IU (14.36%), Folate: 52.66µg (13.16%), Fiber: 2.88g (11.52%), Copper: 0.22mg (10.9%), Vitamin B2: 0.16mg (9.14%), Zinc: 1.37mg (9.14%), Calcium: 90.5mg (9.05%), Vitamin B12: 0.47µg (7.77%), Iron: 1.25mg (6.92%), Vitamin B5: 0.55mg (5.53%), Vitamin E: 0.56mg (3.72%), Vitamin D: 0.28µg (1.86%)