



Tempura Fried Okra

READY IN



100 min.

SERVINGS



4

CALORIES



549 kcal

SIDE DISH

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup buttermilk
- 2.5 cups canola oil
- 1 pinch cayenne pepper
- 1 teaspoon cayenne pepper divided
- 0.3 cup cornstarch
- 1 teaspoon optional: dill dried
- 0.3 cup loose flat-leaf parsley fresh italian packed

- 0.5 cup flour all-purpose
- 1 clove garlic
- 0.5 teaspoon ground pepper white divided
- 1 pinch ground pepper white
- 1.5 teaspoons kosher salt divided
- 1 tablespoon juice of lime fresh
- 12 ounces okra fresh
- 1 teaspoon dehydrated onion flakes
- 1 teaspoon cracked pepper fresh black
- 4 dashes pepper sauce hot
- 1.5 teaspoons sea salt divided fine
- 1 cup cup heavy whipping cream sour
- 0.5 cup tapioca flour
- 0.8 cup water ice cold
- 2 drops worcestershire sauce

Equipment

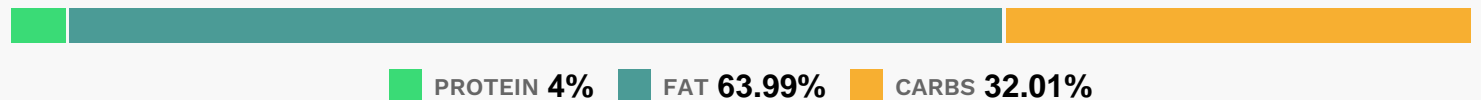
- bowl
- paper towels
- knife
- blender
- skewers
- dutch oven
- deep fryer

Directions

- Heat the oil in a Dutch oven or deep fryer to 375 degrees F.
- Wash the okra, drain thoroughly and pat dry.
- Cut off the ends of the okra, and then cut the okra crosswise into 1/2-inch rounds.

- In a medium bowl, combine the flours, baking powder, 1 teaspoon salt, baking soda, 1/2 teaspoon cayenne and 1/4 teaspoon white pepper. In a small bowl, combine the remaining 1/2 teaspoon salt, 1/2 teaspoon cayenne and 1/4 teaspoon white pepper and set aside.
- Place the cornstarch in a small bowl.
- When the oil is hot, add the hot sauce and ice water to the spiced flour. Gently mix; there will be some small lumps.
- Skewer the okra pieces through the middle of the flesh, leaving enough room between each piece of okra so they can fry individually. Repeat with remaining okra. Dredge the skewers through the cornstarch.
- Place into the tempura batter and then immediately and carefully into the hot oil.
- Fry the okra in batches until browned, 4 to 6 minutes for each batch.
- Drain on paper towels, sprinkle with the reserved salt and spice mixture and serve immediately with Spicy Ranch Dressing.
- Mince the garlic and then add 1/2 teaspoon kosher salt and mash with the edge of the knife until a paste is formed.
- Add this to a blender with the remaining ingredients. Puree and taste to adjust seasoning.
- Remove and place in a small bowl and refrigerate for 1 hour.

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:10.48, Inflammation Score:-9, Nutrition Score:20.282608757848%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 17.88mg, Quercetin: 17.88mg, Quercetin: 17.88mg, Quercetin: 17.88mg

Nutrients (% of daily need)

Calories: 549.12kcal (27.46%), Fat: 40.14g (61.75%), Saturated Fat: 8.23g (51.46%), Carbohydrates: 45.17g (15.06%), Net Carbohydrates: 41.3g (15.02%), Sugar: 4.67g (5.18%), Cholesterol: 35.58mg (11.86%), Sodium: 2178.99mg (94.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.29%), Vitamin K: 110.37µg (105.11%), Manganese: 0.93mg (46.3%), Vitamin E: 5.57mg (37.13%), Vitamin C: 28.08mg (34.03%), Vitamin A: 1546.36IU (30.93%), Folate: 92.68µg (23.17%), Calcium: 227.75mg (22.78%), Vitamin B1: 0.33mg (21.79%), Magnesium: 66.78mg (16.7%), Phosphorus: 162.21mg (16.22%), Vitamin B2: 0.26mg (15.56%), Fiber: 3.87g (15.47%), Vitamin B6: 0.27mg (13.58%), Selenium: 9.07µg (12.95%), Potassium: 444.95mg (12.71%), Iron: 2.19mg (12.16%), Vitamin B3: 1.97mg (9.87%), Copper: 0.17mg (8.47%), Zinc: 0.97mg (6.47%), Vitamin B5: 0.58mg (5.75%), Vitamin B12: 0.19µg (3.16%), Vitamin D: 0.19µg (1.3%)