



Gluten Free Fried Okra with Lemon Herb Aioli

Serves 6

Fried Okra

- 1 lb fresh okra
- ⅓ cup rice flour
- ⅓ cup corn starch
- ½ cup very cold, plain soda water
- 1 egg yolk
- ¼ tsp red pepper flakes
- grapeseed or other neutral, high heat oil for frying
- Kosher salt
- Maldon salt
- pepper

Aioli

- 1 egg yolk
- ½ tsp dijon mustard
- 1 tsp fresh lemon juice
- ¼ cup olive oil
- 3 tbs grapeseed oil or other neutral oil
- 1 clove garlic, grated or pressed
- small bunch mixed tender herbs, minced (such as basil, chives, parsley, dill or cilantro)
- pinch kosher salt
- pinch black pepper

Directions:

Fried Okra

- In a medium bowl, whisk together the rice flour, corn starch, egg yolk, red pepper flakes, soda water and ¼ tsp salt and ⅓ tsp black pepper. Whisk until smooth, resembling the texture of a thin pancake batter. Set aside.
- Place a large pan with tall sides on the stove over medium high heat. Add enough grapeseed oil to the pan to come up ½ inch on the sides. Allow to warm to 350°. You

can test the oil temp by adding a very small amount of the batter to the pan. If the batter drops and then quickly bubbles to the top of the oil, the temperature is just right. If it drops and doesn't come up right away, the oil is too cold. If it sizzles and blackens almost instantly, the oil is too warm.

- When the oil is ready, dip the okra in the batter, coating all sides and allowing any excess to drip off before placing in the hot oil. Cook okra for about 4 minutes, flipping midway through when the batter begins to bubble and brown at the base.
- Transfer okra directly to a plate lined with a paper towel and immediately sprinkle with Maldon salt. Move to your serving platter and serve with aioli alongside.

Aioli

- Place the egg yolk, mustard and lemon juice in a bowl and whisk to combine.
- In a separate bowl, mix the grapeseed oil with the olive oil. Slowly add the oil to the egg mixture a few drops at a time, whisking constantly, until all of the oil has been incorporated. If the mixture seems to separate along the way, simply stop adding oil and whisk until it pulls back together, then continue adding the remainder of the oil.
- Whisk in the grated garlic along with a pinch of salt and pepper. Stir in the minced herbs, taste and adjust seasoning to your preference. Serve alongside fried okra.