



*NC Summertime Recipes*

**CATEGORY**

**SUMMER SQUASH &  
OKRA**

*Forsyth County Public Library*



## *Recipes*



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## Fried Squash

corn meal - 1 cup

flour - 2 T +

sugar - 2 t

salt - 1 t

pepper - dash

corn starch - 1 T

Mix all together. Coat sliced squash and fry until golden in canola oil.

## YELLOW SQUASH PUFFS

*Shirley Hutson Murphy*

3 to 4 yellow squash, sliced  
1 egg, beaten  
 $\frac{1}{3}$  c. flour  
 $\frac{1}{3}$  c. corn meal

1 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
1 onion, finely chopped  
Oil for frying

Cook squash and drain. Combine all ingredients and stir well. Drop 1 tablespoon of mixture at a time into hot oil. Fry until brown.

## Country Club Squash

Cook until tender 6 to 8 small yellow squash

Drain and mash.

Add: 2 Tablespoon butter  
salt and pepper  
1 bouillon cube

Add: 1 Tablespoon grated onions.  
1 egg, well beaten  
1 cup sour cream

Pour into 1 quart casserole.

Combine: 1/2 cup bread crumbs.  
1 cup grated cheese.  
paprika

Sprinkle on top of casserole.

Bake at 350° for 30 minutes.

## PICKLED OKRA

3 lb. okra  
1 tsp. dill seed  
½ c. salt  
1 qt. white vinegar

1 pt. water  
Garlic  
Hot pepper

Bring vinegar, water, and salt to a boil. Pack clean okra in jars. Add dill seed, 1 garlic clove, and 1 hot pepper to each pint. Pour hot brine over okra. Seal by putting in hot water bath for 5 to 8 minutes. Leave ½ inch stems on okra to prevent slimy texture.

*Carol Holder*

## Pickled Squash

1 quart vinegar

2 cups sugar

1/2 cup salt

3 tsp. celery seed

2 tsp. tumeric

1 tsp. pepper (may be omitted)

4 quarts sliced, unpeeled Zucchini or  
yellow squash

1 quart sliced onions

Bring to boil vinegar, sugar, salt, celery seed, tumeric and pepper and pour over squash and onions. Let stand for 1 hour, then bring to a boil and cook just 3 minutes. Pour into hot sterilized jars and seal at once. Process in boiling water bath for five minutes. Makes 6 pints. I do not use the water bath.

Lib Brown

## SQUASH SOUFFLE

2 lb. yellow squash, sliced  
1 medium onion, sliced  
1 tsp. salt  
½ tsp. sugar  
3 Tbsp. butter, melted  
3 Tbsp. flour

2 eggs, slightly beaten  
1 c. milk  
½ lb. grated cheese  
Seasoned salt  
Buttered bread crumbs

Combine squash, onion, salt, and sugar. Simmer in small amount of water for 20 minutes. Drain well. Mash with potato masher. Add eggs, melted butter, flour, milk, and cheese. Add seasoned salt to taste. Bake in a buttered 1½ quart casserole for 30 minutes at 350°. Top with bread crumbs and bake 10 minutes more.

Can be stored in refrigerator for 2 to 3 days, unbaked. Freezes well.

*Pauline Wilson*



### **OKRA CREOLE (Diabetic)**

<b>1 (16 oz.) can whole tomatoes (undrained)</b>	<b>½ c. chopped celery</b>
<b>1½ c. sliced okra</b>	<b>½ tsp. salt</b>
<b>1 (7 oz.) can whole kernel corn</b>	<b>¼ tsp. pepper</b>
<b>½ c. chopped onion</b>	<b>⅛ tsp. oregano</b>

Coarsely chop tomatoes. Combine all ingredients in heavy skillet. Bring to a boil. Reduce heat; cover and simmer 15 to 20 minutes, or until okra is tender. Makes 11 servings.

*Barbara Ingram*

## SQUASH MUFFINS

2 c. cooked summer squash,  
drained  
1 c. melted butter  
2 eggs

3 c. flour  
1 Tbsp. plus 2 tsp. baking powder  
1 to 2 tsp. salt  
½ c. sugar

Mash squash and mix in butter and eggs. Add flour, baking powder, salt, and sugar. Pour in greased muffin tin and bake at 375° for 20 minutes. Makes 18.

*Amy Watson*



## Assorted Squash Pickle Salad

Makes 1 quart

THIS IS IN THE STYLE OF A PICKLE but is not meant to be canned in a hot-water bath. That process will change the texture and vibrant color of the “salad.” These are a match made in fried-fish heaven, as well as something I would serve next to sausage, on sandwiches, or with roast chicken. It’s also an apt foil for purees like Squash and Onion Smother (*page 340*) or Butterbean Hummus (*page 156*).

It’s best to use a mandoline here, as well as more than one variety of summer squash. A combination of colors and sizes will leave you with a fresh-looking, shockingly beautiful, quick pickle.

- |   |                                      |                                  |
|---|--------------------------------------|----------------------------------|
| 1 medium red onion,<br>halved and thinly<br>sliced              | 2 sprigs basil                       | ¼ cup distilled white<br>vinegar |
| 3 medium squash,<br>sliced to ½ of<br>an inch on a<br>mandoline | 2 sprigs mint                        | ½ cup water                      |
| 1 teaspoon salt   | 2 teaspoons whole<br>coriander seeds | ⅔ cup granulated<br>sugar        |
|   | 1 teaspoon whole<br>cumin seeds      | ¼ teaspoon chili<br>flakes       |
|   | 1 cup rice wine<br>vinegar           |                                  |

In a large bowl, toss together the onion, squash, and salt. Allow this to sit for about an hour. Drain, rinse, and toss the squash with the basil and mint.

In a medium saucepan, toast the coriander and cumin seeds just until they become fragrant. Add the vinegars, water, sugar, and chili flakes. Bring it up to a boil and pour the brine over the squash, herb, and onion mix. Allow it to cool slightly

and, using a plate or something similar, weigh down your pickles so they are completely submerged in the warm brine.

Refrigerate the pickles overnight, at a minimum, before using. These will keep refrigerated and submerged in the brine for up to 6 months. Make sure you remove the herbs before serving. They are for flavor, not for looks, as you’ll see.



## A Pickle Plate for Everyone

Makes 4 quarts pickles

THE PICKLE PLATE IS MAKING A COMEBACK. Just about everybody used to put out a plate of pickles when guests came over. That tradition lost favor for a while, but nowadays we once again view pickles as a great way to get started.

This combination pays homage to earthenware crocks of mixed fermenting vegetables from the summer garden. For a long time, fermentation was the way many people preserved vegetables. It just so happens to be all the rage these days.

I pair okra and corn because I want my pickle plate to appeal to everybody, and everybody likes corn. You could add green beans, green tomatoes, or any type of pepper. I've thrown a couple of jalapeños in there for heat and because somebody always wants to show off.

If a plate of pickles is not your thing, cut the corn off the cob. Toss it with the okra and serve as a condiment with steaks or lamb.

2 pounds whole okra, washed, pods kept whole

5 ears of corn, shucked and cut into 2-inch rounds

2 jalapeños  
2 teaspoons black peppercorns

4 garlic cloves, smashed

$\frac{3}{8}$  cup salt

If you have furry okra, you may want to scrub the pods using a cloth or vegetable brush. The pickling liquid that gets trapped between the okra's down and its skin can look suspicious, so beware.

In a 2- to 3-gallon sterilized pot or earthenware fermentation crock, lay down half the okra. Top it with half the corn, the garlic cloves, jalapeños, and peppercorns. Finish with the remaining okra followed by the final layer of the other ingredients. Dissolve the salt in 1 gallon of water and pour that water over the vegetables.

It's of the utmost importance that the vegetables are submerged under close to 2 inches of water. Any okra or corn that bobs up and sees air will spoil, so find a plate or cake pan to sit on top of the vegetables, then put a weight on top of that plate. I use

a plate weighted down by a Tupperware container full of the same salt brine I'm using for the pickle. Cover the whole setup with cheesecloth or a clean dish towel and store it in a dark spot for 4 days.

Don't freak out when you see a little scum rise on top of the brine. That's normal. Just skim it off. On the fourth day, check an okra. If you like its tang, skim all the remaining funk from the top of the liquid and transfer the pickles in their brine to the refrigerator. This will stop the fermentation process. If you want a little more pucker, let them go for another day or two outside the fridge.

The pickles will keep in your refrigerator, submerged in their brine in a glass or heavy plastic container with a tight-fitting lid, for 2 months.

## Tempura-Fried Okra with Ranch Ice Cream

Serves 4

I WAS BEING SNARKY when I put this on the restaurant menu. After three summers of okra dishes that garnered half-smiles, I decided I'd just give the people what they wanted—ranch dressing—but frozen like ice cream.

Although I knew the combination would sell, I misjudged why. I thought people would order it because we were in Eastern Carolina and I was selling fried something with ranch. I'm pretty sure that's why a lot of people ordered it the first time. The second time they ordered it, they called its name with a drop of drool pooling at the corner of their mouths because the memory of the hot, slender pod of okra and the little dab of the frozen ranch sang loud and clear and fine. That memory and the subsequent bite of cold fat on hot fat mingled with salt, tang, and crispy batter was something they wanted again.

**Note:** It's important that your okra is at room temperature before you fry it. If it's cold, the batter will not adhere as well.

½ cup Cucumber Ranch, minus the cucumber (page 248)	1 egg yolk	1 teaspoon salt, divided
2 quarts peanut or canola oil	1 cup club soda	½ teaspoon granulated sugar
	½ cup Wondra or rice flour	8 ounces whole okra (about 4 cups)
	¼ cup cornmeal	

Up to 3 hours before you'd like to serve the okra, process the ranch dressing in your ice cream machine. Then transfer it to your freezer. I like this ice cream pretty soft, so serve it directly from the machine or bring it out of your freezer a few minutes before you pair it with the okra. You'll only need ½ cup for this recipe, but you'll probably need to freeze at least 2 cups to satisfy the machine. You can melt the ranch and reuse it as regular dressing, or just fry more okra or other similar vegetables.

Heat the oil to 350°F in a 4- to 6-quart Dutch oven and preheat the oven to 200°F. Set up a rack on top of a baking sheet nearby. Just before frying, whisk together the yolk and club soda. Then whisk in the flour, cornmeal, ½ teaspoon salt, and sugar. The batter will look and feel like watery pancake batter and will seem too thin to cling to the okra. Please test fry an okra before adding any more flour or cornmeal to the batter.



Completely submerge the test okra in the batter, and drop it into the hot oil. If it adheres and doesn't completely flake off, you're good. What you're looking for is a transparent, crispy coating. You should actually be able to see the oil bubbling between the okra and the batter. A few holes in the crispy exterior is acceptable. Whole sides washed away are not. If the batter flies off, add another tablespoon of cornmeal.

Fry the rest of the okra in 2 batches for about 4 minutes each. Two minutes in, roll the okra over in the oil carefully to make sure it's frying evenly. Transfer the first batch of okra to the rack and season it with half the salt. Slide that okra into the warm oven while you fry the second batch in the same fashion. Serve the okra hot with the Ranch Ice Cream.



## Okra Oven Fries

Serves 4

OKRA COOKED IN THE OVEN like this are a revelation. The first time I did it, I planned on having them as a side with dinner, but I ate every single piece before we sat down and concluded they were more appropriate as a snack.

In the spirit of kale chips, but way tastier and more substantial, these fries *will* cook unevenly, so expect some crispy spots mingled with more chewy bites. If you're using large, fat okra, slice them into quarters. If you've got immature pods, split them in half.

**1** pound okra  
(20 to 25), split  
or quartered  
lengthwise

**2** tablespoons extra-  
virgin olive oil  
**2** teaspoons ground  
coriander

**10** turns of the pepper  
mill or  $\frac{1}{4}$  teaspoon  
black pepper

**1** teaspoon salt

Preheat your oven to 400°F. In a medium bowl, toss the okra with the olive oil, coriander, salt, and black pepper. Spread the okra onto your largest baking pan or two pans if necessary. What's important is that the okra have plenty of room to spread out. If they are all piled on top of one another, they will steam, not roast.

Slide the pan onto the middle rack of your oven. After 10 minutes, toss the okra gently with a spatula and rotate your pans if you are using two. Cook an additional 10 to 15 minutes. When the okra is done, it will be brown and crispy in a lot of places but shouldn't smell burned. Serve warm or at room temperature as a snack. Sometimes I like to have a dip for these; Cilantro Buttermilk ([page 474](#)) works well, as does Kitchen-Sink Mayo ([page 120](#)).



## Sources

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Fried Squash, page 395

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Yellow Squash Puffs, page 85

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Country Club Squash, page 109

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Pickled Okra, page 5

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Pickled Squash

*from* Winston-Salem Shrine Club: Nobelle's cookbook (call number NC 641.59756 N744)

Squash Souffle, page 17

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Okra Creole, page 24

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Squash Muffins, page 42

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Assorted Squash with Pickle Plate, page 343

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A Pickle Plate for Everyone, page 409

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Tempura-Fried Okra with Ranch Ice Cream, page 410

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