



# **Okra: a Savor the South® cookbook (Savor the South Cookbooks)**

*Virginia Willis*

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Passionate okra lovers crave this bright green, heat-loving vegetable, whether fried, grilled, steamed, roasted, boiled, broiled, pickled, raw, whole, sliced, or julienned. With *Okra*, Virginia Willis provides "the key that unlocks the door of okra desire" to okra addicts and newcomers to the pod alike.

Topping eight feet, with gorgeous butter-yellow flowers that ripen into the plant's signature seed-filled pods, okra has a long association with foodways in the American South. But as Willis shows, okra is also an important ingredient in cuisines across Africa, Asia, and Latin America. Featuring gardening tips, a discussion of heirloom varieties, and expert cooking directions (including a list of "top ten slime-busting tips"), *Okra* brilliantly showcases fifty delectable recipes: twenty-six southern dishes, ranging from Southern-Style Fried Okra to Gulf Coast Seafood Gumbo, and twenty-four authentic global dishes, from Moroccan Lamb and Okra Tagine with Preserved Lemons to Cuban Pork with Yellow Rice, Okra, and Annatto Oil.



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