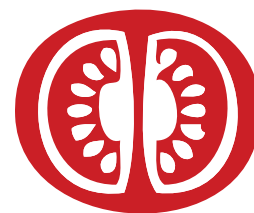


Hope Ridge Farm

Okra, Corn & Tomato

Recipe



Ingredients:

1 pint	Okra, fresh
4 cobs	Corn from 4 cobs, cooked
2 - 3	Medium tomatoes, diced
2 tablespoons	Bacon fat (use several strip of bacon, chopped, if desired)
1	chopped onion, medium size - John prefers a red onion
1 teaspoon	Salt
	Pepper to taste
	Hot sauce, optional, to taste
1 tablespoon	Lemon juice

Instructions:

- Slice okra into 3/8" disks and soak in 2 to 3 cups of cool water and 1 tablespoon of lemon juice for approximately 1/2 hour.
- brown onion and garlic in bacon fat
- After 1/2 hour lemon and water soak, drain water and mix the okra into onion and garlic and simmer for 10 - 15 minutes
- Remove corn from cob.
- Add tomatoes and corn with all seasonings and simmer for another 10 - 15 minutes.
- Add desired hot sauce when serving.