



## ANSON MILLS

### Okra with Tomato Gravy

#### Yield

4 portions

#### Time

About 40 minutes

#### Equipment Mise en Place

For this recipe, you will need a medium skillet, a wooden spoon, a whisk, and a large, deep skillet with a lid.

#### Ingredients

2 tablespoons unsalted butter

2 tablespoons minced shallot

4 teaspoons unbleached all-purpose flour

½ cup Rich Homemade Chicken Stock, hot

2 pounds (6 or 7) ripe medium plum tomatoes, peeled, seeded, and cut into ¼-inch dice (2 cups)

4 tablespoons fresh tomato juice or Bionaturae Organic Strained Tomatoes

1 to 2 tablespoons heavy cream

1½ teaspoons chopped fresh thyme

⅛ teaspoon cayenne pepper

Fine sea salt

Spring or filtered water

1 pound tender young okra, stems trimmed but left on

1 recipe Popcorn Grits, Simple Buttered Carolina Gold Rice Grits, Classic Carolina Gold Rice, or any of our corn grits recipes

#### Directions

**1.** In a medium skillet, melt the butter over medium heat. Add the shallot and sauté, stirring constantly with a wooden spoon, until softened slightly and fragrant, about 40 seconds. Off heat, add the flour and stir until incorporated. Return the skillet to medium heat and cook the roux, stirring constantly, for about 30 seconds. Pour the hot stock into the skillet and whisk until smooth. Bring the mixture to a simmer and cook until slightly reduced, about 2 minutes. Add the tomatoes and 3 tablespoons of the tomato juice and return to a simmer. Cook, stirring occasionally, until the tomatoes give off liquid and soften just slightly, about 3 minutes, adding an additional tablespoon of tomato juice if the gravy seems thick. Stir in the cream, thyme, cayenne, and ¾ teaspoon salt and continue to simmer until the sauce thickens enough to cling, about 2 minutes. Taste for seasoning, remove from the heat, and cover to keep warm while you prepare the okra.

**2.** In a large, deep skillet, bring  $\frac{1}{4}$  cup spring or filtered water to a simmer over high heat. Add the okra and  $\frac{1}{2}$  teaspoon salt, cover, and steam, frequently shaking the skillet, until the okra is bright green and tender and has absorbed the water, about 4 minutes.

**3.** To serve, stack the okra on a warm platter and ladle on the tomato gravy. Serve with Popcorn Grits, Simple Buttered Carolina Gold Rice Grits, Classic Carolina Gold Rice, or any of our corn grits recipes.