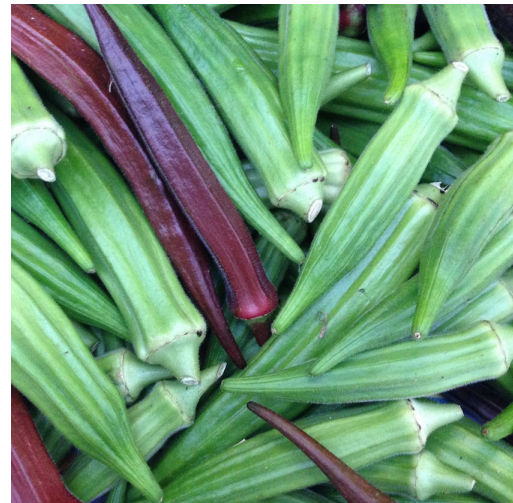


# LYNCHBURG

is for 

# LOCAVORES

COOKING DEMONSTRATION WITH SEAN MEEKS  
ALL RECIPES ARE BY SEAN MEEKS



## Okra

### Pecan Crusted Okra with Lemon Mayonnaise

1 cup toasted pecan  
1/2 cup a/p flour  
salt and pepper to taste  
2 cups buttermilk  
fresh okra

#### Lemon Mayonnaise Dipping Sauce

1 cup of dukes mayonnaise  
1 lemon juice and zest

1. Soak your okra in buttermilk
2. Toast pecans for 5-8 minutes at 350
3. Place pecans in food processor with flour and salt and pepper. Pulse until the pecans are rough chopped.
4. Dredge your okra in the flour mixture and fry in a cast iron skillet with oil (peanut or canola oil, or lard) at 350 for about 6 minutes

MORE RECIPES ON THE BACK! 

## Raw Okra Salad

okra  
2 lemons  
extra virgin olive oil  
tomato  
herbs(basil/dill)  
Goat cheese  
pecans

Benne seeds  
Cucumber  
Sorghum  
Small amount of arugula for garnish  
Salt and pepper

Chop okra, tomato, herbs, and pecans, cucumbers.  
Combine lemons and olive oil.  
Combine these ingredients. Garnish with goat cheese, salt and pepper, and seeds.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES AND NEW WAYS  
TO PREPARE OUR SPOTLIGHTED PRODUCE ITEM: THE SWEET POTATOES!



And be sure to use our new #LynchburgsForLocavores on Instagram to show us your locavore creations and adventures!

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