

Rolled okra (Ladies' fingers) with pork

① Sprinkle okra (Ladies' fingers) with salt to remove fine hairs.

② Boil.



③ Let cool in a colander.



④ Remove the stems cut in half.

⑤ Roll in thin slices of pork. (Thinly sliced beef can be substituted.)



⑥ Sprinkle lightly with salt and pepper.

⑦ Sprinkle lightly with flour.



⑧ Bake in a lightly greased pan.

⑨ Season as you like. This time I used BBQ sauce.

