Okra

Specification:

SIZE	PACK	ORIGIN	STORAGE
slice:3mm Half cut slice:3-5cm whole okra:6-9cm	90g/120g/ 150g/, 500g/1000g/bag	China	At or below -18℃

Cooking Method:

- Unpack and defrost the frozen Okra
- Cooking it with shrimp or meat
- You canboil okra in slightly salted water.
- You can coat okra in cornmeal and then fry it in a frying pan. Okra can be slimy. Adding lemon to your water and dr ying your okra before cooking can prevent sliminess.



Ingredient:

Okra

Other related products:







