Seasonal Eating



Creole Vegetable Ragout

teaspoon lemon juice
1/4 teaspoon Worcestershire sauce
tablespoon vegetable oil
tablespoon butter
cup thinly sliced fresh okra pods
3/4 cup fresh corn kernels (about 2 ears)
1/4 cup small diced red bell peppers
cup large diced yellow onion
1/2 teaspoon kosher salt
teaspoon minced garlic
1/2 teaspoon finely chopped Serrano chile
3/4 cup quartered small cherry tomatoes
1/3 cup low-sodium chicken broth
tablespoon chopped fresh basil

Combine the lemon juice and Worcestershire sauce in a small bowl and set aside. In a sauté pan with a lid, heat the oil and butter over medium heat. When the butter has melted, add the okra, corn, bell pepper, onion and salt. Cook, stirring frequently until the bottom of the pan is browned and the onion is partially translucent, about 8 minutes. Add the garlic and the Serrano and cook, stirring, just until well combined. Add the cherry tomatoes and the broth, stir, turn the heat to low and cover. Simmer until the onion is translucent and the liquid is a rich brownish orange, about 5 minutes. Uncover, and if there is a lot of liquid in the pan, turn the heat to high and simmer to reduce the liquid to 1-2 tablespoons, about 1-2 minutes. Add the lemon juice mixture and the basil and stir well. Transfer to a shallow serving dish or individual shallow bowls.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.