

GOURMET FISHING

Season III - Episode XXXXV



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Charleston Okra Soup



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Contents

Thank you for downloading our Info-Short recipe

- 3 Grocery List - Charleston Okra Soup
- 4 Charleston Okra Soup



Charleston Okra Soup





Grocery List

Charleston Okra Soup

Large Hambone	Diced Tomatoes
Beef Stock	Whole Peeled Tomato
Chicken Stock	Onions
Salt and Pepper	Whole Corn Kernels
Sugar	Butter Beans
Fresh Thyme	Okra
Fresh Long Leaf	Ground Thyme
Parsley	rough cut ham pieces, optional



Charleston Okra Soup Ingredients

Charleston Okra Soup



16-20 Eight oz Servings

Ingredients

Stock

Large Ham bone with meat (or Beef bone with meat or a chuck roast with meat diced)
96 oz Beef Stock
32 oz Chicken Stock
Salt and Pepper to taste
1 Tbs Sugar
3-4 stems Fresh Thyme
3-4 stalks Fresh Long Leaf Parsley

Soup

1 large can Diced Tomatoes
2 large cans Whole Peeled Tomatoes, crushed by hand when adding
2 diced Onions
16 oz Whole Corn Kernels
16 oz Butter Beans
32 oz Cut Okra
1 tsp Ground Thyme
rough cut ham pieces, optional
Cooked White Rice

Stock

Place the Stock ingredients in a pressure cooker or large pot. Cover the cooker and bring it up to pressure—Cook for 20 minutes. If you're using a regular pot, bring the stock up to a boil and reduce the heat to a simmer and cook for 60 minutes.

After 20 minutes, remove the cooker from the heat and let it cool down and release the pressure safely and slowly.

Soup

Add the remaining soup ingredients. When adding the whole tomatoes, crush them with your hand into smaller pieces.* If you have any ham leftover from the bone, roughly cut it and add to the soup. Cover the cooker and return to the heat. Bring the cooker back up to pressure and cook for an additional 20 minutes. If using a regular pot, after the 60 minutes simmer, add the soup ingredients and then bring back to a boil and reduce the heat and simmer the soup for 90 minutes.

Remove from the heat, let cool and safely, and slowly release pressure.

Serve your Charleston Okra Soup over white rice and enjoy.

Enjoy...

If you are using a chuck roast, dice the roast into small pieces. Next, lightly flour the pieces, and bring 2 TBS of oil to the shimmering stage over medium-high heat. Add the floured roast pieces and lightly brown. Stir to keep from sticking and burning. Use this instead of the ham bone and follow the remaining recipe.

*When you crush the tomatoes, pierce the tomato with your thumb first and then squeeze with the pierced hole toward the stock surface. This should help reduce the tomato spray issue.



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