

## Sauteed Okra with Tomato and Corn

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YieldServes 2

### Ingredients

1/2 pound fresh okra

1 medium vine-ripened tomato

1 small onion

1 ear corn

1 1/2 tablespoons vegetable oil

1/2 cup water

1/2 teaspoon Worcestershire sauce

### Preparation

Cut okra into 1/2-inch-thick slices. Peel and chop tomato. Cut onion into thin slices and cut corn from cob. In a heavy skillet heat 1 tablespoon oil over moderately high heat until hot but not smoking and saut

okra with salt to taste, stirring occasionally, until browned, about 3 minutes. With a slotted spoon transfer okra to a bowl.

Add remaining, tablespoon oil to skillet and sauté onion, stirring, until it begins to soften. Stir in tomato, water, and Worcestershire sauce and simmer, stirring occasionally, 3 minutes. Add corn and simmer until corn is crisp-tender and sauce is thickened, about 3 minutes. Stir in okra with salt and pepper to taste and cook until heated through.