

**Fried Okra** is the core — the trio where it all began in 2006, and where the band’s distinctive sound and expression continue to evolve and take shape.

Rooted in the raw energy of the blues, Fried Okra has, over two decades, developed a personal and unmistakable musical universe. It’s not about copying tradition, but using it as a springboard for something entirely their own: strong, vivid lyrics, deep grooves, and an intensity that resonates deep under the skin.

At the front is **Morten Lunn** (vocals, guitar, diddley bow), accompanied by **Thomas Crawford** (drums, backing vocals) and **Anders Wallin** (bass, backing vocals). Together they form a tightly-knit trio that has taken their music to clubs and festivals across Denmark, Scandinavia, and the rest of Europe.

Their sound is precise, organic, and alive. In a trio, there’s nowhere to hide — and that’s where the power lies. Every detail counts, and the interplay is constantly moving, allowing the music to be both raw and gritty, yet dynamic and nuanced. Their strong vocal harmonies add an extra dimension, giving the songs warmth, edge, and character — always performed with presence and integrity.

Live, Fried Okra is known for their tight, almost telepathic interplay and their ability to let a groove develop naturally. They balance control with spontaneity, leaving room for the energy of the moment without ever losing direction.

### **What to expect live**

Insistent grooves. Characterful guitar tones. Distinctive vocal harmonies. Intense trio energy. Blues with a contemporary, personal touch — rooted but never fixed.

Fried Okra doesn’t just play the blues. They make it their own.

### **Line up**

Morten Lunn – vocals, guitar, diddley bow

Anders Wallin – bass, backing vocals

Thomas Crawford – drums, backing vocals

### **Nominations and Blues Challenges**

Three of Fried Okra’s six studio albums have been nominated for Danish Blues Album of the Year, and in 2021 the band was also nominated for The Blues Live Award.

### **Danish Blues Album of the Year nominations:**

- 2007 – This is Your Chance, France, Baby!
- 2015 – Back Into The River
- 2021 – Doing It Right

In 2017–2018, Fried Okra won the *Danish Blues Challenge* and went on to secure 2nd place in the *European Blues Challenge*.

### **The Name**

Named after the southern US dish, fried okra, the band’s name nods to the spirit, energy, and musical roots of African-American culture in the South — without being tied to any specific regional style.

## Reviews

*"Unpolished, a raw cut and perfect for the job.... Ten slices of rich swampy music... I love this album, it's as addictive as heroin."*

**Graham Munn on Deluxe Live, Blues in Britain, 2025.**

*"No weak spot, a fine album and Fried Okra may also show their skills here."*

**Album recensie 2024: The Fried Okra Band – Deluxe Live**

*"...they just keep getting better and better."*

**Birgitta Larsson/Dan Jansson, Bluesnews.no - about Åmåls Bluesfest 2024 performance**

*"...a daring attractive sound especially for new generations who look for different new blues landscapes..."*

**Vicente P. Zumel, La hora del Blues(ES) about Doing It Right**