

Fried Okra Deluxe

Fried Okra Deluxe is rooted in a deep love for the simple yet powerful blues that grew out of the American South — especially the raw, hypnotic traditions of Mississippi. From that foundation, the band has created its own musical universe: strong, evocative lyrics carried by deep grooves that pull you in and refuse to let go.

At the core of ***Fried Okra*** are **Morten Lunn** (guitar, vocals, diddley bow), **Thomas Crawford** (drums), and **Anders Wallin** (bass), who have brought their self-penned songs to blues clubs and festivals across Denmark, Scandinavia, and the rest of Europe. Their sound is earthy and immediate — blues stripped to its essence, yet delivered with intensity and personality.

With the addition of **Alain Apaloo** (guitar) and/or **Rune Højmark** (guitar, lap steel guitar, mandolin) and **Kristian Jørgensen** (organ), the band expands into ***Fried Okra Deluxe*** — a five-piece powerhouse where the music becomes wilder, richer, and gloriously unpredictable. The interplay between the musicians is electric: fully united as a band, yet always leaving space for individual expression.

Deluxe performs in flexible line-ups — ranging from four to six musicians on stage.

At the same time, the band approaches the music with a distinctly playful spirit. ***Fried Okra Deluxe*** thrives on spontaneity, musical conversation, and the joy of stretching a groove just a little further than expected. There's room for risk, for surprise, and for the kind of on-stage moments that can only happen when musicians truly listen to one another.

In 2024, ***Fried Okra*** released their 7th album, *Deluxe Live*, capturing the band at full throttle on stage. For this release, the group even expanded into a six-piece by welcoming Alain Apaloo — winner of Danish Blues Album of the Year 2025 — adding another layer of fire and finesse to the sound.

The band will release its 8th album in the fall of 2026 and go on tour in the spring of 2027.

What to expect from *Fried Okra Deluxe* live?

Hypnotic rhythms. Gritty slide tones. Soulful vocals. Extended jams. A playful yet deeply rooted blues experience that feels both respectful of tradition and completely alive in the present moment.

A contemporary and personal expression — firmly rooted, yet never rigid.

Fried Okra doesn't just play the tradition. They've made it their own....and they enjoy every second of it.

Line up

Morten Lunn: vocals, guitar

Anders Wallin: bass, background vocals

Thomas Crawford: drums, background vocals

Alain Apaloo: guitar

Rune Højmark: guitar, mandolin, lap steel guitar

Kristian Jørgensen: organ

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