

Southern Fried Green Tomatoes

- 2 medium-sized green tomatoes
- 1 teaspoon salt
- ½ teaspoon sugar
- ¼ teaspoon black pepper
- ¼ teaspoon dried basil
- 1 cup all-purpose flour (can add a bit of dried basil, salt & garlic powder to this)
- 1 cup buttermilk
- 1 egg
- 1 cup seasoned bread crumbs (panko or crushed croutons will work, as well)
- 1¼ cup yellow cornmeal

Slice tomatoes into ¼ - ½ inch slices. Place tomatoes on several layers of paper towels. Mix together salt, sugar, black pepper & basil in a small bowl. Sprinkle tomatoes generously with spice mixture (you may not need all of it) and let sit for about 10-15 minutes to allow the extra tomato juices to drain out.

Meanwhile, prepare your dipping station. In one bowl, add the flour. In another bowl mix together the buttermilk and egg. In the last bowl, mix together the bread crumbs and yellow cornmeal.

Start by dipping the tomatoes slices into the flour on both sides and shaking off the excess flour. (be sure to get the sides as well) Lay the slices into the egg mixture until both sides are coated with the mixture and flour no longer shows. Place the tomato slices into the breadcrumb mixture and press to coat both sides evenly. Let tomatoes sit for about 5 minutes to allow the coating to set.

Heat oil in a skillet until hot. (Do a test with a bread crumb first to make sure the oil is at the right temperature. The breadcrumb should begin to sizzle immediately when placed in the oil.)

Place tomatoes into the skillet, without crowding the pan. Fry each side for about 4-5 minutes until golden brown. Place on a cooling rack with paper towels below to absorb the excess oil that drips off. Serve hot.

Fried Green Tomato Tips

- Use medium-size tomatoes, or multiple small ones. These will cook quicker and more evenly and are just easier to eat than huge slices.

- Cut tomato slices about 1/4 inch thick. This will allow them to cook beautifully and you'll have the perfect crust-tomato ratio
- When dipping the tomatoes, use one hand for wet ingredient and one hand for dry ingredients. This will keep things from getting clumpy. I wipe my hands off a lot while doing this.
- Make sure your oil is hot BEFORE frying each batch (about 360 degrees) You don't want oil getting inside the coating and onto the tomato (this makes them soggy) so it's really important that it begins to cook as soon as it touches the oil.
- Do not stack the fried tomatoes when they come out of the oil or they will become soggy!