

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Fried Green Tomatoes

Adapted From Web Sources (and Granny White)

Southerners love this dish. Everybody else thinks it's crazy. Crazy-good is the correct answer...

3 medium, firm green tomatoes

½ tsp kosher salt

¼ tsp freshly-ground black pepper

¼ tsp garlic powder (or onion)

¼-½ tsp cayenne pepper

½ cup all-purpose flour

¼ cup milk

2 eggs, beaten

⅓ cup cornmeal

⅓ cup breadcrumbs

¼ cup light olive oil (or vegetable)

Slice the tomatoes in ½-inch thick slices. Mix salt, pepper, garlic and cayenne in a small bowl, then sprinkle all sides of tomato slices with seasoning. Let tomatoes stand for 15 minutes on a wire rack.

Meanwhile, prepare the dredging process by placing flour, milk, eggs in separate shallow dishes. Mix the cornmeal and breadcrumbs and place in a fourth shallow dish.

Heat half the oil in a large skillet over medium to medium-high heat. Dip tomato slices in milk, then flour, then egg wash, then breadcrumbs. Fry a few slices at one time to avoid crowding the pan. Fry for 4-6 minutes on each side, or until golden-brown and delicious. As you cook the rest of the slices, add oil as needed. Season with more salt and pepper (if desired). Serve hot and tasty.

Yield: Four servings

Preparation time: 10 minutes

Cooking time: 15-20 minutes

