

FRIED GREEN TOMATOES

SERVES: 4

TOTAL TIME: 20 MIN



INGREDIENTS

- 3-4 Green Tomatoes
- 2 Eggs, Cracked and Mixed in a bowl
- 1 1/2 Cup Flour
- 1 1/2 Cup Cornmeal or Bread Crumbs
- Salt & Black Pepper To Taste
- 4 cups Vegetable Oil

DIRECTIONS

Slice Tomatoes about 1/4 inch thick. Season with Salt & Pepper. Using a 3 Step breading method coat with Flour on both sides, dip in Egg (Shaking off excess eggs) finally coat on both sides with Cornmeal. In a large Sauté Pan on medium heat, pour vegetable oil (enough so that there is 1/2 inch of oil in the pan). Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your pan. Do not crowd the tomatoes. When the tomatoes are browned, flip and fry them on the other side. Drain them on paper towels Serve with your favorite sauce.

