



Fried Green Tomatoes Recipe

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Crispy on the outside and tender in the middle, these Fried Green Tomatoes are addictive! Serve them as an appetizer, a party snack or make them the main attraction piled high on a BLT! This recipe for Fried Green Tomatoes is a slight variation of Southern Cooking's version: skipping the sugar, adding a bit of cayenne for kick and finishing with flaky sea salt for extra flavor and crunch.

Course Appetizer

Cuisine American

Prep Time 10 minutes

Cook Time 10 minutes

Total Time 20 minutes

Servings 8 people

Calories 95 kcal

Ingredients

- 3 medium green tomatoes about 12 ounces
- 1 large egg
- 1/2 cup buttermilk
- 1/2 cup all-purpose flour divided
- 1/2 cup cornmeal
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- pinch ground cayenne pepper
- avocado oil or other high heat oil, for frying
- flaky sea salt such as Maldon, for finishing

Instructions

1. Slice tomatoes into 1/4-inch thick rounds.

To Make Breading Mixture:

1. Whisk egg and buttermilk together in a shallow bowl.
2. Scoop 1/4 cup flour onto a medium plate.
3. To a second medium plate add remaining flour, cornmeal, salt, pepper and cayenne; combine thoroughly with fork or small whisk.

To Bread Tomatoes:

1. Dredge a tomato slice in plain flour, shaking off any excess; dip in egg mixture; dredge in cornmeal until evenly coated and transfer to plate. Repeat with remaining tomato slices.

To Fry Green Tomatoes:

1. Line a plate with paper towels; set aside.
2. In a heavy skillet (ideally cast iron) heat 1/4-inch of high heat oil to 375°. (It's important for the oil to be very hot to keep tomatoes from absorbing it. Be sure to reheat between batches!) Carefully place tomatoes into hot oil and cook 1 1/2 to 2 minutes per side, until golden brown. Transfer to paper towel lined plate (keeping tomatoes in a single layer so they don't get soggy) and sprinkle with flaky sea salt. Repeat with remaining tomatoes. Serve hot.

Nutrition Facts	
Fried Green Tomatoes Recipe	
Amount Per Serving	
Calories 95	Calories from Fat 9
% Daily Value*	
Total Fat 1g	2%
Cholesterol 24mg	8%
Sodium 321mg	13%
Potassium 163mg	5%
Total Carbohydrates 16g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	6%
Vitamin A	7.1%
Vitamin C	13.1%
Calcium	2.7%
Iron	5.6%

* Percent Daily Values are based on a 2000 calorie diet.