

Fried Green Tomatoes

Prep time	Cook time	Total time
15 mins	15 mins	30 mins

Recipe type: Appetizer

Serves: 6-8

Ingredients

- 3 large or 4 medium unripe tomatoes (very green-not red at all)
- salt and freshly ground black pepper to taste
- cayenne, Tabasco, or other hot sauce (optional)
- ⅓ cup unbleached white flour
- 2 tablespoons white or yellow cornmeal
- ¼ cup vegetable oil

Instructions

1. Slice the tomatoes into quarter-inch slices. Discard the ends. Spread the slices out on a platter or cutting board and sprinkle generously with salt, black pepper, and, if desired, cayenne or Tabasco. Turn the slices over and season the other sides.
2. In a shallow bowl, combine the flour and cornmeal. Dredge the tomato slices in the flour mixture, one at a time, covering each side thoroughly. Using 2 forks to do this job keeps your hands neat. Shake any excess flour off the tomato slices.
3. Heat the oil in a heavy frying pan, preferably well-seasoned cast iron. When the oil is hot but not smoking, fry the slices in batches; don't overcrowd the pan. Fry for about 3 or 4 minutes on each side or until golden brown. Drain on paper towels. Serve immediately.

Notes

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