



Garden Fresh Farm Recipes

Fried Green Tomatoes

Here is another favorite southern recipe. From the first tomatoes that arrive in late spring to those that are picked just before the first frost, green tomatoes are flavorful when fried.

Ingredients:

4 large green tomatoes
2 eggs
1/2 cup milk
1 cup all-purpose flour
1/2 cup cornmeal
1/2 cup bread crumbs
2 teaspoons coarse kosher salt
1/4 teaspoon ground black pepper
1 quart vegetable oil for frying



Directions:

Slice tomatoes 1/2 inch thick. Discard the ends.

Whisk eggs and milk together in a medium-size bowl. Scoop flour onto a plate. Mix cornmeal, bread crumbs and salt and pepper on another plate. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Dredge in breadcrumbs to completely coat.

In a large skillet, pour vegetable oil (enough so that there is 1/2 inch of oil in the pan) and heat over a medium heat. Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your skillet. Do not crowd the tomatoes, they should not touch each other. When the tomatoes are browned, flip and fry them on the other side. Drain them on paper towels.