

## *Fried Green Tomatoes with Lobster and Tear Drop Tomato Salad*



### **Ingredients, Lobster Salad:**

- 1 large egg
- 1 tablespoon Dijon mustard
- Juice of ½ fresh lemon, about 1 tablespoon
- Salt
- Freshly ground white pepper
- Hot sauce
- 1 ½ cups vegetable oil
- 2 tablespoons chopped shallots
- 1 teaspoon chopped garlic
- 2 tablespoons chopped fresh tarragon leaves
- 3 tablespoons capers
- 1 tablespoon caper juice, optional
- 2 large fresh lobsters, steamed, tail and claw meat removed, discard shells
- ½ pint red teardrop or small pear tomatoes, halved
- ½ pint yellow teardrop or small pear tomatoes
- ¼ cup fresh chervil leaves
- 1 tablespoon finely chopped fresh parsley leaves
- Drizzle extra-virgin olive oil

### **Ingredients, Fried Green Tomatoes:**

- 1 lb green tomatoes (about 4 medium)
- 1 C buttermilk
- 2 eggs
- 1 C all-purpose flour
- 1 Tbsp Cajun seasoning
- ¾ C cornmeal
- ¾ C bread crumbs
- ¼ tsp salt
- ⅛ tsp black pepper
- ½ C vegetable oil or more as needed

### **Method, Lobster Salad:**

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1. In a blender, combine the egg, mustard, lemon juice, and hot sauce. Blend on high until smooth. With the blender running, slowly add enough oil until the mixture is thick. Season with salt and pepper. Set aside. In a mixing bowl, combine half of the mayonnaise (reserve remaining mayonnaise for another use), shallots, garlic, and tarragon. Mix well. Roughly chop the capers and add to the mayonnaise mixture. Add the caper juice and mix well. Season with salt and pepper.
2. Chop the lobster meat and add to the mayonnaise mixture. Season with salt and pepper. Mix well. Cover with plastic wrap and refrigerate until ready to serve.

## **Method, Fried Green Tomatoes:**

1. Select a pound of green or unripened tomatoes. You can also use tomatoes that are just starting to turn pink, but if they are too ripe, you will end up with fried mushy tomatoes. Cut the tomatoes in  $\frac{1}{3}$  to  $\frac{1}{2}$ -inch slices.
2. In one bowl whisk together the buttermilk and eggs. In another bowl, mix together the flour and Cajun seasoning. In a third bowl, combine the cornmeal, breadcrumbs, salt, and black pepper.
3. To prepare the tomatoes for frying, first coat them in the flour mixture. Next, dip them in the egg wash, and then finally coat them in the breadcrumb and cornmeal mix. I recommend breading all of the green tomato slices before starting the frying process. Gently laying them on a baking rack in the meantime will keep their breading from coming off.
4. Add the vegetable oil to the pan so that there is about  $\frac{1}{2}$  inch in the pan. Heat the oil over medium heat to a temperature of around 350° F. Add the breaded tomatoes to the hot oil a few at a time, making sure not to over-crowd them. Fry until the underside starts to turn golden brown, then flip and do the same for the opposite side. The tomatoes only take 2-3 minutes to cook.
5. Using a slotted spoon, place the fried green tomatoes onto a paper towel to soak up any excess oil until you are ready to serve. Keep frying the tomatoes in batches, adding and reheating more oil as needed. Serve the fried green tomatoes hot with remoulade sauce.
6. Arrange the fried tomatoes in the center of each serving plate. Mound the Lobster Salad in the center of the fried tomatoes. Drizzle with olive oil. Garnish with the teardrop tomatoes, chervil, and parsley.