

Fried Green Tomatoes



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
- $\frac{3}{4}$ C cornmeal
- $\frac{3}{4}$ C bread crumbs
- $\frac{1}{4}$ tsp salt
- $\frac{1}{8}$ tsp black pepper
- $\frac{1}{2}$ C vegetable oil or more as needed

Remoulade Sauce

- 1 C mayo
- 3 Tbsp Creole mustard or coarse grain Dijon mustard
- 2 tsp spicy or extra hot prepared horseradish
- 2 Tbsp lemon juice
- 1 tsp Worcestershire sauce
- 3 tsp Creole seasoning
- $\frac{1}{4}$ tsp paprika
- 2 cloves minced garlic (about 1 tsp)
- 2 minced green onions (about 2 Tbsp)
- 4 tsp minced capers
- cayenne pepper to taste

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.

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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 ½ 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.

Method, Remoulade Sauce

1. In a small mixing bowl mix together, all of the ingredients until evenly combined. If you like, your remoulade sauce extra spicy you can add cayenne pepper to taste.
2. Serve immediately or store covered in the refrigerator for up to one week.