

Easy Southern Fried Green Tomatoes: A Taste of Summer

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TIME
2-3 min

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INGREDIENTS

3-4 medium green tomatoes, sliced into 1/4-inch thick rounds

1/2 cup all-purpose flour

1/2 cup yellow cornmeal

1 teaspoon salt

1/2 teaspoon black pepper

1/2 teaspoon garlic powder

1/4 teaspoon paprika

1 large egg, beaten

1/4 cup milk or buttermilk

Vegetable oil for frying

Swaps and Notes:

Green Tomatoes: Make sure you use firm, unripe green tomatoes. Ripe red tomatoes will not hold up to frying.

Cornmeal: Yellow cornmeal is a classic here, as it provides a beautiful golden color and a great texture. You can also use a gluten-free cornmeal blend.

Buttermilk: Buttermilk adds a wonderful tang to the coating. If you don't have it, a mix of milk and a teaspoon of lemon juice or vinegar works perfectly well.

Spices: The garlic powder and paprika add a savory depth to the crust. You can also add a pinch of cayenne pepper for a little heat.

Step-by-Step Instructions:

Prep the Tomatoes: Slice the green tomatoes into 1/4-inch thick rounds. Place them on a paper towel-lined plate and pat them dry. This is a crucial step for getting a crispy coating!

Set Up the Dredging Station: Set up three shallow dishes. In the first dish, whisk together the all-purpose flour, yellow cornmeal, salt, black pepper, garlic powder, and paprika. In the second dish, whisk together the beaten egg and milk.

Dredge the Tomatoes: Take one tomato slice at a time and first dredge it in the flour and cornmeal mixture, coating it evenly. Next, dip it into the egg and milk mixture. Finally, dredge it back into the flour and cornmeal mixture, pressing gently to ensure a thick, even coat.

Heat the Oil: In a large skillet, heat about 1/2 inch of vegetable oil over medium-high heat. The oil is ready when a small piece of the coating sizzles immediately when you drop it in.

Fry the Tomatoes: Carefully place a few of the coated tomato slices in the hot oil, making sure not to overcrowd the pan. Fry for 2-3 minutes per side, until they are golden brown and crispy.

Drain and Serve: Remove the fried tomatoes with a slotted spoon and place them on a paper towel-lined plate to drain any excess oil.

Serve: Serve the fried green tomatoes immediately while they are still hot and crispy.

Tips for Success:

Pat the Tomatoes Dry: Patting the tomato slices completely dry is the most important tip for a crispy coating. Any moisture will cause the coating to get soggy.

Don't Crowd the Pan: Cook the tomatoes in a single layer. If you have too many, cook them in batches. This allows the heat to circulate and helps them get crispy.

Watch the Oil Temperature: If the oil is too hot, the coating will burn before the tomatoes are cooked. If it's not hot enough, the tomatoes will be greasy.

Serve Immediately: Fried green tomatoes are best eaten fresh. They will lose their crispness over time.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 200 kcal

Carbohydrates: 20g

Protein: 5g

Fat: 10g

Saturated Fat: 2g

DIRECTIONS

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11. Serve : Immediately: Fried green tomatoes are best eaten fresh. They will lose their crispness over time.
12. Serving Suggestions and Pairings: These fried green tomatoes are a perfect side dish on their own. They're also fantastic with a dipping sauce, like a creamy buttermilk ranch or a spicy remoulade. For a full, comforting feast, they would also pair well with a hearty meal like a classic Cajun Chicken Sausage Gumbo or some easy cheesy chicken sliders.
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17. Saturated : Fat: 2g
18. Cholesterol: 40mg
19. Sodium: 400mg
20. Fiber: 2g
21. Sugar: 2g
22. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
23. Storage and Leftover Tips: This dish is best served immediately. Leftovers are not recommended as the tomatoes will become soggy.
24. More Recipes You'll Love: If you enjoy easy, savory, and satisfying meals, you might also like these other recipes:
25. This : Tomato Skillet with Okra and Sausage is my favorite quick dinner packed with Southern flavor

SWAPS & NOTES

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