

Fried Green Tomatoes (Gary Ibsen-Tomatofest)

Show: Aug 14th

Ingredients:

2 lb Unripe Green Tomatoes
1/2 cup All-purpose Flour
1 cup Corn Meal
1/2 tsp Salt
3/4 tsp Sugar
1/2 tsp Garlic Powder
1/2 tsp Lemon Pepper
1 1/2 tsp Cayenne (or Cajun Pepper Spice)
1/4 tsp Black Pepper
2 Eggs
2 Tbls Water
1/4 cup Olive Oil
2 Tbls Butter

Procedure:

Cut tomatoes into 1/2 inch slices.

Blend together in a bowl the flour, cornmeal, salt, sugar, garlic powder, lemon pepper, pepper and cayenne.

In another bowl whisk together the eggs and water.

Dredge each slice of tomato into the flour mix then dip into egg wash, then into flour mix again.

Heat oil and butter in a moderately heated frying pan and fry tomato slices until golden brown being careful not to blacken.

Transfer onto paper towel to drain excess oil.

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