



Easy Southern Fried Green Tomatoes

Oscar · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

8

Description

These easy fried green tomatoes are perfect to serve as an appetizer or in a fried green tomato BLT

Ingredients

- - 1 cup all-purpose flour - 2 large eggs - 2 tablespoons water - 1 cup yellow cornmeal - sea salt and ground black pepper to taste - 2 pounds green tomatoes
- sliced - 1 cup canola oil for frying
- or as needed

Instructions

1. Line a baking sheet with waxed paper. Place flour into a shallow bowl. Whisk eggs and water together in a second shallow bowl. Whisk cornmeal
2. salt
3. and pepper together in a third shallow bowl. Dip one tomato slice into flour
4. then dip into egg mixture. Press tomato into cornmeal mixture
5. then shake off excess and place onto the prepared baking sheet. Repeat with remaining tomato slices
6. arranging them in a single layer on the baking sheet. Heat 1/4 inch canola oil in a large skillet over medium heat until shimmering. Working in batches
7. fry tomatoes in hot oil until golden and crisp
8. 3 to 4 minutes per side. Drain on paper towel-lined plates. Editor's Note: Nutrition data for this recipe includes the full amount of breading ingredients. The actual amount of breading consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
9. ingredient density
10. and specific type of oil used.