

## Mawmaw39s Simple Fried Green Tomatoes

Oscar · 28/09/2024

**Prep Time**

5 mins

**Difficult**

Medium

**Servings**

45 mins

**Description**

My grandmothers vegan fried green tomatoes were famous in our community The recipe is so simple but the results are delicious

**Ingredients**

- - 1 quart ice water
- or as needed - 4 firm green tomatoes
- cut into 1/4-inch slices - 1 cup canola oil
- or as needed - 2 cups self-rising cornmeal - 2 cups all-purpose flour - salt to taste

**Instructions**

1. Pour ice water into a large bowl and add tomatoes; soak for 5 minutes. Meanwhile
2. heat 1/2 inch oil in a large skillet over medium-low heat. Combine cornmeal and flour in a medium bowl. Remove tomatoes from ice water
3. one at a time
4. and coat lightly in cornmeal mixture; shake off any excess. Working in batches
5. cook coated tomatoes in hot oil until edges are golden brown
6. about 4 minutes per side. Use a slotted spoon to remove tomatoes to a paper towel-lined plate. Sprinkle lightly with salt and serve hot. Editor's Notes: The nutrition data for this recipe includes the full amount of the breading ingredients. The actual amount of the 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
7. ingredient density
8. and the specific type of oil used.