



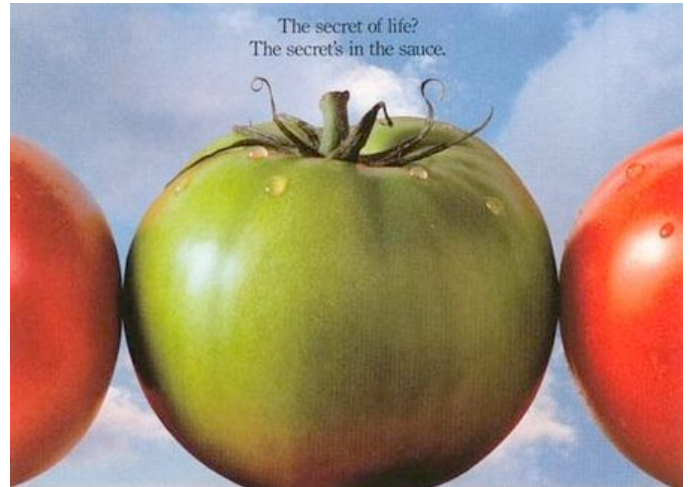
# Raisin Toast Recipes

## Delicious Fried Green Tomatoes



### Ingredients

- 3-4 Green Tomatoes
- ½ cup of All-Purpose Flour - divided
- Corn oil for frying
- 1 Large Egg
- ½ cup Buttermilk
- ½ cup Cornmeal
- 1 tspn salt
- ½ tspn pepper



### Preparation

1. First, you want to wash your tomatoes. Then, carve out the stem. Easy.



2. Next, make 1/4" slices. Don't they look delicious?!! Even the end of the tomato where you cut out the stem is good to fry up in the pan.



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3. Now my mother likes to simply dredge the tomatoes in flour, salt, and pepper, and then place them in a frying pan with corn oil. They turn out good that way, but I am going to give you an alternative recipe here. The way I love to make Fried Green Tomatoes is to:

- Place 1/4 cup of all-purpose flour in a bowl and set aside.
- Combine 1 large egg and 1/2 cup of buttermilk in a bowl and set aside.
- Combine another 1/4 cup all-purpose flour, 1/2 cup cornmeal, 1 teaspoon salt, and 1/2 teaspoon pepper in a shallow bowl and set aside. (You can also salt and pepper each tomato individually to taste). You are now ready to dredge the tomatoes through each bowl.
- First, dredge each tomato slice in the 1/4 cup of flour, then dip it in the egg and buttermilk mixture, then dredge the tomatoes through the cornmeal mixture. Delicious.



4. Place the tomatoes in a shallow frying pan with corn oil - not too much corn oil, but just enough to cover the bottom so they fry up real crisp. Also, make sure that your corn oil (I use Mazola) is nice and hot before you sit your tomatoes in the pan. Flip them every minute or so. I heat the oil on 9 - high, then when I put the first batch of tomatoes in the hot corn oil I turn the temperature down to about 6 or 7. 5 is medium heat on my stovetop.

5. As they are done, take them out of the pan with a spatula and place them on a plate or on a cooling sheet like this (these were cooked in the cornmeal mixture). Personally, though, I like them nice and hot and you'll want to dig in too while they are good and hot and crispy - these are my mother's Fried Green Tomatoes, made with her very quick and easy recipe of flour, salt, and pepper.



6. You can garnish your Fried Green Tomatoes too. They are the perfect compliment to your meal - and healthy too!



ENJOY!!