

Ingredients:

- 3 fresh green tomatoes, cut into 1/4 inch slices
- Salt and pepper to taste
- ½ cup all-purpose flour
- 2 large eggs, beaten with 1 tablespoon water
- ½ cup yellow cornmeal
- ½ cup panko crumbs
- ¼ teaspoon paprika
- A pinch of cayenne (optional)
- Oil for frying

Directions:

1. Start by liberally seasoning the green tomato slices with salt and pepper on both sides. This not only adds flavor but also helps to remove excess moisture, ensuring a crispier fry.
2. Prepare your dredging stations by adding flour and beaten eggs to two separate small bowls. In a third bowl, combine the cornmeal, panko crumbs, paprika, and cayenne, whisking them together for an even mix.
3. Begin the breading process by first dipping each seasoned tomato slice into the flour, ensuring it's fully coated on both sides. This flour layer helps the egg to stick.
4. Next, transfer the floured tomato slice to the beaten eggs. Coat both sides evenly, allowing the excess to drip off.
5. Lastly, dip the slice into the cornmeal and panko crumb mixture, pressing gently to adhere the coating. Set aside the breaded slice on a baking sheet.
6. Repeat the dredging process with the remaining slices, starting with the flour coating until all are prepared.
7. Heat oil in a frying pan over medium-high heat. The oil should be about 1/2 inch deep and hot enough that it sizzles when a breadcrumb is dropped in.
8. Carefully place the tomato slices in the hot oil, frying them in batches to avoid overcrowding the pan. Fry each side until golden brown, usually about 2-3 minutes per side.
9. Drain the fried tomatoes on paper towels to remove any excess oil.

Serving Suggestions:

- Serve your Fried Green Tomatoes warm. They are excellent on their own, or you can elevate them with a dollop of remoulade sauce, a drizzle of balsamic reduction, or a

sprinkle of fresh herbs like basil or parsley.

- These fried delights are versatile and can be served as a standalone appetizer, a side dish, or even as a unique topping for salads and sandwiches. They pair wonderfully with a crisp, cool coleslaw or a creamy potato salad.
- For a delightful brunch option, top the fried tomatoes with a poached egg and hollandaise sauce for a Southern twist on Eggs Benedict.

Cooking Tips and Techniques:

- **Selecting Tomatoes:** Choose firm green tomatoes as they hold up better when fried and provide the perfect balance of tartness and firmness.
- **Oil Temperature:** Maintaining the correct oil temperature is crucial. If the oil is too hot, the tomatoes will brown too quickly without cooking through. If it's too cool, the breading will absorb too much oil and become soggy.
- **Breading:** For an extra crunchy coating, you can double-dip the tomato slices in the egg and breadcrumb mixture.
- **Healthier Variation:** For a lighter version, these tomatoes can also be baked in a preheated oven at 400°F (200°C) for about 15-20 minutes, flipping halfway through, until golden and crispy.

Enjoy this Southern classic Fried Green Tomatoes recipe, which brings a delightful crunch and tangy flavor to your table. Its crispy coating and unique tartness make it a hit for family gatherings, picnics, and simple comfort food meals.”

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