

Fried Green Tomatoes

written by The Recipe Exchange | June 12, 2015

Ingredients

4 to 6 green tomatoes washed & sliced

Wash

2 cups buttermilk (old-fashioned whole buttermilk that still has fat in it)

2 large eggs

Dredge

2 cups White (self-rising) flour

1 cup stone-ground (medium) cornmeal

$\frac{1}{2}$ tsp. garlic powder

$\frac{1}{2}$ tsp. onion powder

generous pinch of salt & freshly ground black pepper

2 cups canola oil

1 cup (2 sticks) unsalted butter

(or 1 cup canola oil, 1 cup butter, and 1 cup pork fat)

Directions

Place sliced tomatoes in colander. Salt lightly, and let sit for about 5 minutes to help draw out moisture. Rinse under cool water and pat dry with paper towels.

Working one at a time, completely coat each tomato slice in the wash and then in the dredge, gently shaking off excess.

In a cast-iron skillet over high heat, bring butter and canola oil to 350°F (use a candy thermometer). Reduce heat to stabilize. Working 3 slices at a time, fry the tomatoes until golden brown, turning only once (about 3 to 4 minutes total cooking time). Use a spatula to flip the tomatoes away from you so you don't get splashed. Transfer each batch to drain on brown paper bags.