

Italian Style Fried Green Tomatoes

Serves: 8 Prep/Cook time: 30 minutes

Ingredients

- 4 large unripe tomatoes, cut into ½-inch thick slices, ends removed
- 2 eggs
- ½ cup all-purpose flour
- ½ cup cornmeal
- ½ cup Italian-seasoned breadcrumbs
- 1 teaspoon garlic powder
- 1 teaspoon Italian-seasoning
- Olive oil for frying
- Chopped chives
- Freshly grated and shaved Romano cheese
- Black pepper to taste



Photo source: CiaoChowBambina.com

Directions

1. Wash hands with soap and warm water.
2. Wash the tomatoes in cold water and dry them. Slice, horizontally, about ½ inch thick.
3. In a small bowl, beat eggs lightly.
4. In a medium bowl, combine flour, cornmeal, breadcrumbs, garlic, and Italian seasoning.
5. Dip the tomato slices in the egg, letting the excess run back into the bowl, then dredge them in the breadcrumb mixture, coating both sides. Repeat process.
6. Pour enough oil in a skillet to come up the side about ½ inch and heat on high. When the oil is very hot, place tomatoes in skillet.
7. When a golden crust forms on the bottom side, turn them and do the other side. This may take 3-5 minutes.
8. Sprinkle with and shaved Romano and chopped chives before serving.
9. Serve warm.

Recipe adapted from CiaoChowBambina.com, 2020

Tips

- To prevent tomatoes from becoming soggy make sure your oil has reached the desired temperature of 360° to 375° before you put in the battered green tomatoes. The correct temperature will make your tomatoes crisp and give them a beautiful golden color.
- If the oil is not hot enough, you end up with soggy-crust, limp green tomatoes.
- If the oil is too hot, the outside will brown too quickly, and your tomatoes will not be cooked all the way through.