

Fried green tomatoes



In the Southern US, tomatoes are a summer staple. At the end of summer, there are still a lot of them in our gardens! We use the ripe ones for sandwiches and many other things. We also use the green tomatoes – pickled green tomatoes are excellent. Here's one other dish from the Southern US that uses green tomatoes.

Equipment

cooling rack (see photo)

3 shallow bowls

cast iron or any large, heavy skillet (see photo)

Ingredients

2 large eggs

2 tablespoons water (30 ml)

1 cup all-purpose flour (120 g)

1 cup yellow cornmeal (150 g)

sea salt to taste

black pepper to taste

2 pounds green tomatoes, cut into c5cm thick slices

1 cup oil (not olive oil) for frying, add as needed

Directions

1. Put the flour in the first bowl. Beat eggs and water in the second bowl. Put the cornmeal in the last bowl. Season the cornmeal with salt and pepper.
2. Dip each tomato slice into flour, then dip into egg mixture. Press tomato into cornmeal mixture; shake off the excess. Put the slice on the cooling rack. Repeat with the remaining tomato slices.
3. Heat about 1/4 inch (.6 cm) of the oil in the skillet over medium heat. Fry the tomatoes in batches until golden and crisp, about 3-4 minutes per side. Take fried tomatoes and place them on the cooling rack (washed and reused) to drain. Repeat with all the remaining tomatoes. Serve with remoulade sauce on the side.

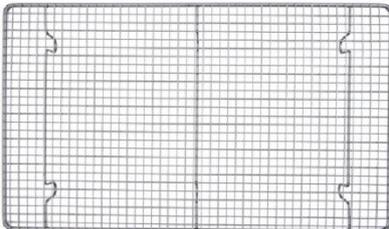
staple = un aliment de base
garden = (ici) un potager
ripe = mûr
pickled = au vinaigre
dish = un plat
shallow bowl = une assiette creuse
cast iron = en fonte
heavy = lourd
flour = de la farine
cornmeal = de la semoule de maïs
to taste = au goût
pound = une livre (c500 g)
thick = (ici) une épaisseur de...

slice = une tranche
to fry = frire
as needed = (ici) au fur et à mesure
to beat = fouetter
to season = assaisonner
to dip = tremper
to press = (ici) appuyer
shake of the excess = secouer pour enlever
l'excès
medium heat = à feu moyen
batch = une fournée
to drain = égoutter

Cast iron skillet:



Cooling rack:



<https://goenglish.fr/fr/blog/post/52-fried-green-tomatoes.html>