

Betty's Fried Green Tomatoes Recipe



Uploaded on 15 Jul 2009

In this video, Betty demonstrates how to make Fried Green Tomatoes. Betty uses the 4 green tomatoes she purchased at the Farmers Market on Saturday, dipping them in buttermilk, dredging them with a zesty cornmeal mix, and frying them until golden brown. There's nothing like the taste of Fried Green Tomatoes!

Ingredients:

4 medium-sized green tomatoes, washed and sliced into ½-inch slices

¾ cup buttermilk

½ cup cornmeal mix

½ cup flour

½ tablespoon garlic powder

ground red pepper, to taste (I used 1/8 teaspoon.)

salt, to taste (I used freshly ground sea salt.)

black pepper, to taste (I used freshly ground black pepper.)

4 tablespoon cooking oil (I used peanut oil.)

hot cayenne pepper sauce (for serving)

In a gallon-sized zip-lock bag, place ½ cup cornmeal mix, ½ cup flour, ½ tablespoon garlic powder, and 1/8 teaspoon ground red pepper. Close the bag and shake it, distributing the ingredients, and then set it aside. Pour ¾ cup buttermilk into a small bowl. Season with salt and pepper, to taste, and then set aside. Place an iron (or other) skillet over medium heat, and add 4 tablespoons of cooking oil. When the oil is hot (not smoking), quickly prepare your green tomato slices for frying. For each slice, dip it first into the seasoned buttermilk, then into the spiced cornmeal mixture, coating generously, and then place it into the hot oil in the skillet. Continue until the skillet is full (single layer), or you have used all of your green tomato slices. Now fry the coated green onion slices over medium heat, watching carefully to see how brown they are getting on the underside. When they are browned to your liking, turn them over, and brown the other side. When both sides are nicely browned, remove the fried green tomatoes from the skillet, and place them on a tray, covered with paper toweling, to drain. Then remove to a nice serving dish, serve with hot cayenne pepper sauce, and you have a quaint, tasty Southern side dish! Enjoy!!!