



AITKIN FARMERS' MARKET

Seasonal Recipes

Fried Green Tomatoes



FEATURING FROM MARKET

WITH GREEN TOMATOES



SERVINGS

4



PREP TIME

15 mins.



TOTAL TIME

45 mins.

INGREDIENTS

- 3-4 medium firm green tomatoes
- 1/2 cup flour
- 1 tablespoon Cajun seasoning
- 2 eggs
- 1/2 cup cornmeal
- 1/4-1/2 cup vegetable oil for frying

FOR REMOULADE:

- 1/3 cup mayonnaise
- 2 cloves garlic minced
- 2 tablespoons spicy brown mustard
- 1 tablespoon horseradish
- 2 teaspoons hot sauce
- 2 teaspoons Cajun seasoning
- 1 teaspoon pickle juice
- 1/4 teaspoon smoked paprika
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt

DIRECTIONS

- Grab 2 medium sized plates and 1 bowl. Plate 1: Combine flour and Cajun seasoning. Bowl: Crack the eggs, add a tablespoon of water and whisk. Plate 2: Cornmeal
- In a small bowl, whisk together all the remoulade ingredients until smooth. Set aside.
- Slice the tomatoes into 1/4-1/2 inch thick slices.
- In a medium frying pan, heat the vegetable oil up over medium heat—oil is ready for frying when it starts to glisten (or when a drop of water is flicked into it and it pops). Working in batches (about 2-3), bread each tomato slice—flour, then egg, then cornmeal.
- Fry tomatoes about 3 minutes, then flip and cook another 2-3 minutes on the other side. Tomatoes should be golden brown and crispy.
- Remove golden brown tomatoes from frying pan with a slotted spatula and place on a plate lined with paper towels. Let them rest for a couple minutes, then serve!