

WORLD FOOD & MUSIC CELEBRATION!

Fried Green Tomatoes with Honey

Chef Lynn Pritchard, 128 Bistro & Bar

Ingredients

6 cups canola oil
4 green tomatoes
3 cups all-purpose flour
2 ½ cups milk
2 eggs
½ cup cornmeal
1 tablespoon kosher salt
1 tablespoon celery salt
½ tablespoon cayenne pepper
½ tablespoon ground black pepper
1 teaspoon onion powder
1 pinch paprika

Instructions

1. Heat oil in a large pot until the oil reaches 350°F. Cut the ends off and de-core the green tomatoes. Cut the tomatoes into ½-inch thick slices and set them aside in a medium bowl.
2. In a small bowl, set aside 1 ½ cups of all-purpose flour. In a medium bowl, mix milk and eggs together to create an egg wash. Create the cornmeal breading in a large bowl by combining the remaining flour, cornmeal, kosher salt, celery salt, cayenne pepper, ground black pepper, onion powder, and paprika.
3. Line a sheet pan with parchment paper to place the breaded tomatoes on after final dredging. Begin the dipping process by dredging the tomatoes in the all-purpose flour, then the egg wash, and finally through the cornmeal breading mixture. Repeat this process until all the tomatoes are breaded.
4. Begin frying until golden brown. Drop the tomatoes into the hot oil with slotted spoon. Tomatoes will float to the top when finished cooking. Drain on paper towels and enjoy with Whipped Quark topping.

Whipped Quark Ingredients

4 oz quark cheese
1 tablespoon honey
2 teaspoons cumin

Instructions

Combine the quark, honey, and cumin in a mixing bowl and whip to fully incorporate. Serve with fried green tomatoes and a light salad.