

# What's Cookin': Southern comfort

I've got a few weeks of recipes inspired by the Southern USA for you. Don't ask why – perhaps because with this never-ending winter, my thoughts have wandered to a warmer climate, even if the rest of me is here shoveling snow? Or perhaps since my barbecue is still buried in four feet of snow, I haven't been inspired by all the usual spring recipes? Whatever the reason, hopefully you'll enjoy these.

Before making this week's recipe, you might want to sit down and watch *Fried Green Tomatoes* the movie – to put you in the mood! Or better yet, read *Fried Green Tomatoes at the Whistle Stop Café* by Fannie Flagg. My version of the book comes complete with recipes in the back—I love that.

I just made the tomatoes recently, and of

## Fried Green Tomatoes

### Ingredients

- 1/2 cup flour
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 tsp cayenne pepper
- 3/4 cup buttermilk
- 3/4 cup cornmeal
- 4 green tomatoes sliced into 1/4 inch thick rounds
- Vegetable oil or bacon grease for frying



### Method

In a mixing bowl, combine the flour, cayenne, salt, pepper. In second bowl, pour buttermilk. In third bowl, place cornmeal.

Lori Gysel & Gerry Kentner



course, I did not have green tomatoes, but the firm, unripe red (well they aren't really red, they are kind of washed out pink) ones seem to hold up just fine. Keep in mind though, that they don't really hold very well though, so you kind of have to cook and serve immediately. I served them on a bed of mixed greens, then drizzled chipotle mayonnaise over the whole thing. Never fear, the recipe for chipotle mayonnaise is coming next week.

Have fun and keep cooking!

Heat 1/4 inch of oil in a skillet until hot enough to fry. Dip tomato slices in flour, shaking off excess, then place into buttermilk, letting the excess drip back into the bowl. Then place in the cornmeal and press slightly to help cornmeal adhere to the tomato. Put the dipped slices immediately into the frying pan. Fry the tomato slices in batches of 4 or 5 at a time (don't crowd the pan) for 2-3 minutes per side, turning carefully with tongs when the coating turns golden brown. Transfer to a wire cooling rack to drain.

*Chef's Note: Fried green tomatoes are best eaten fresh out of the frying pan, they will become soggy fast if you don't enjoy them within a few minutes of frying.*

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