

Appetizer

Fried Green Tomatoes

Southern Living Best Barbecue Recipes - June 2011

Preparation Time: 15 minutes

Cook time: 4 minutes

3/4 cup mayonnaise
1/4 cup creole mustard
1 tablespoon fresh chives, chopped
1 tablespoon fresh parsley, chopped
1 tablespoon bread-and-butter pickles, finely chopped
1 teaspoon lemon zest
1 tablespoon lemon juice
1/2 teaspoon hot sauce
1/4 teaspoon file' powder
2 1/8 teaspoons salt, divided
4 large green tomatoes
1 1/2 cups buttermilk
1 cup plain white cornmeal
1 tablespoon creole seasoning
2 cups all-purpose flour, divided
vegetable or peanut oil

Preheat oven to 200 degrees.

In a bowl, stir together the mayonnaise, mustard, chives, parsley, pickles, lemon zest, lemon juice, hot sauce, file' powder, 1/8 teaspoon salt and 1/8 teaspoon of pepper to make remoulade sauce. Set aside.

Cut tomatoes into 1/4-inch-thick slices. Sprinkle both sides of the tomatoes evenly with the remaining salt and pepper.

Pour the buttermilk into a shallow dish or pie plate.

Stir together the cornmeal, Creole seasoning and one cup of the flour in another shallow dish or pie plate.

Dredge the tomatoes in the remaining one cup of flour. Dip the tomatoes in the buttermilk mixture and then dredge in the cornmeal mixture.

Pour oil to a depth of two inches in a large cast-iron skillet. Heat the skillet over medium heat to a temperature of 350 degrees.

Fry the tomatoes, in batches, for 2 to 3 minutes on each side or until golden. Drain on paper towels.

Transfer to a wire rack. Keep warm in the oven.

Sprinkle with salt to taste.

Serve with the reserved remoulade.

Yield: 8 appetizers

Per Serving (excluding unknown items): 2449 Calories; 148g Fat (52.3% calories from fat); 50g Protein; 253g Carbohydrate; 17g Dietary Fiber; 71mg Cholesterol; 6651mg Sodium. Exchanges: 12 1/2 Grain(Starch); 0 Lean Meat; 7 1/2 Vegetable; 0 Fruit; 1 1/2 Non-Fat Milk; 12 Fat; 1/2 Other Carbohydrates.