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# Fried Green Tomatoes II

*The Essential Southern Living Cookbook*

Preparation Time: 15 minutes

Start to Finish Time: 35 minutes

**4 large green tomatoes**

**1 1/2 cups buttermilk**

**1 tablespoon table salt**

**1 teaspoon black pepper**

**1 cup all-purpose flour**

**1 cup self-rising cornmeal**

**3 cups vegetable oil**

**table salt (to taste)**

Cut the tomatoes into 1/4-inch to 1/3-inch slices. Place into a shallow dish. Pour the buttermilk over the tomatoes. Sprinkle with salt and pepper.

In a shallow dish or pie plate, combine the flour and cornmeal. Dredge the tomato slices in the flour mixture.

In a large cast-iron skillet over medium heat, fry the tomatoes in batches in hot oil for 3 minutes on each side or until golden. Drain the tomatoes on paper towels. Sprinkle with salt to taste.

Yield: 6 to 8 servings

## Side Dishes

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*Per Serving (excluding unknown items): 6971 Calories; 664g Fat (84.2% calories from fat); 44g Protein; 237g Carbohydrate; 20g Dietary Fiber; 13mg Cholesterol; 8980mg Sodium. Exchanges: 12 Grain(Starch); 7 Vegetable; 1 1/2 Non-Fat Milk; 132 Fat.*