

Fried Green Tomatoes ala Early Girl

5 green tomatoes
2 cups flour
1 Tbsp. Salt
1 tsp. freshly ground black pepper
2 eggs
¼ cup milk
3 cups bread crumbs
¼ cup grated Parmesan
zest of one orange
vegetable oil for frying

Remove core, trim ends and slice the tomatoes about ½ inch thick. Spread out on rack and allow to stand for 15 to 20 minutes. In a wide bowl, combine flour, salt and pepper. In a second bowl, whisk together eggs and milk. In a third bowl, combine breadcrumbs, Parmesan, parsley and orange zest.

Heat about ½ inch oil in a wide, heavy skillet over medium high heat until hot but not smoking.

Dredge tomato slices first in the flour mixture, then in the egg wash, then in the breadcrumbs, coating both sides well. Fry in small batches (don't crowd), turning once, until golden brown on both sides. Return to rack to drain. Serve immediately. Makes 4 to 6 servings.

Early Girl Eatery
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