

Preparation Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Yield: 4 servings (approximately 8-10 slices)

Table of Contents



- [Ingredients](#)
- [Instructions](#)
- [Nutrition \(Per Serving\)](#)

Ingredients

For the Tomatoes:

- 3 to 4 firm, medium green tomatoes (unripe red tomatoes work best)
- 1 teaspoon kosher salt, plus more for finishing
- ½ cup all-purpose flour
- 2 large eggs
- ½ cup buttermilk (or ½ cup milk mixed with ½ tablespoon lemon juice)
- ½ cup yellow cornmeal

- ½ cup panko breadcrumbs
- ½ teaspoon smoked paprika
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- Vegetable or canola oil, for frying (about 1½ to 2 inches deep in your pan)

For the Quick Remoulade (Optional but Recommended):

- ½ cup mayonnaise
- 1 tablespoon Dijon or yellow mustard
- 1 teaspoon hot sauce (such as Louisiana-style)
- 1 teaspoon sweet relish
- ½ teaspoon smoked paprika
- Pinch of salt and pepper

Instructions

1. Prepare the Tomatoes (5 minutes)

Slice the green tomatoes into rounds about $\frac{1}{4}$ -inch to $\frac{1}{2}$ -inch thick. Discard the stem and root ends. Lay the slices on a double layer of paper towels and sprinkle both sides lightly with kosher salt. Let them sit for 10 minutes while you set up your breading station. This step draws out excess moisture, which is the secret to preventing a soggy crust. After resting, pat the slices thoroughly dry with fresh paper towels .

2. Set Up the Breeding Station (5 minutes)

Arrange three shallow bowls or pie plates. In the first, place the flour. In the second, whisk the eggs and buttermilk together until smooth. In the third, combine the cornmeal, panko breadcrumbs, smoked paprika, black pepper, and garlic powder. Mix the dry ingredients well so the seasoning is evenly distributed .

3. Heat the Oil (5-8 minutes)

Pour about $1\frac{1}{2}$ to 2 inches of oil into a heavy-bottomed skillet or Dutch oven. Heat over medium heat until the oil reaches 350°F (175°C). Use a kitchen thermometer to monitor the temperature; if you don't have one, drop a small pinch of the cornmeal mixture into the oil—it should sizzle immediately and rise to the surface . While the oil heats, line a plate with paper towels and set a wire rack nearby for draining.

4. Bread the Tomatoes (5 minutes)

Working with one slice at a time, coat the tomato in the flour, shaking off the excess. Dip it into the egg mixture, allowing the excess to drip back into the bowl. Finally, press the slice firmly into the cornmeal mixture, ensuring both sides are well coated. Set the breaded slices on a baking sheet or plate in a single layer .

5. Fry in Batches (4-5 minutes per batch)

Carefully lower 3 to 4 breaded tomato slices into the hot oil. Do not overcrowd the pan, as this will drop the oil temperature and result in greasy tomatoes. Fry for 2 to $2\frac{1}{2}$ minutes per side, or until the crust is a deep golden brown and crisp. Adjust the heat as needed to maintain an oil temperature between 350°F and 360°F . Transfer the finished tomatoes to the paper towel-lined plate and sprinkle immediately with a pinch of kosher salt.

6. Make the Sauce and Serve

While the last batch fries, stir together the mayonnaise, mustard, hot sauce, relish, and paprika for the remoulade. Serve the fried green tomatoes hot, with the sauce alongside for dipping.

Nutrition (Per Serving)

Note: Nutritional values are estimates and will vary based on exact ingredients, oil absorption, and portion size. This analysis is for the tomatoes only, without the dipping sauce.

Nutrient	Amount (Approx.)
Calories	220-250 kcal
Total Fat	12-15 g
Saturated Fat	1.5-2 g
Carbohydrates	24-28 g
Dietary Fiber	2 g
Sugars	3-4 g
Protein	5-6 g
Sodium	350-450 mg
Cholesterol	45-55 mg