

# Fried Green Tomatoes



## BAKER'S TIP

Fiber loves water and your recipes will too. You may notice your recipes will need a little more liquid (water, milk, or fruit juice) when using our flour.

**For breads, rolls, and other yeast-raised baked goods:** Increase liquids  $\frac{1}{4}$  cup (60g) at a time until you reach the desired dough consistency.

**For cookies:** Increase liquids 1 tbs. (15g) at a time until you reach the desired batter or dough consistency.

**For brownies, quick-breads, muffins, pancakes, waffles, pie crusts and more:** Increase liquids 2 tbs. (30g) at a time until you reach the desired batter or dough consistency.

## Ingredients

- $\frac{2}{3}$  Cup Whole Milk
- 1 egg lightly beaten
- $\frac{1}{4}$  Cup +  $\frac{1}{4}$  Cup Flourish flour
- $\frac{1}{2}$  cup buttermilk
- $\frac{1}{2}$  cup cornmeal
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- 3 green tomatoes, cut into  $\frac{1}{3}$ -inch slices
- Vegetable oil

## Instructions

1. Mix together egg and buttermilk; set aside.
2. Combine  $\frac{1}{4}$  cup Flourish flour, cornmeal, 1 teaspoon salt, and pepper in a shallow bowl or pan.
3. Dredge tomato slices in remaining  $\frac{1}{4}$  cup flour; dip in egg mixture, and dredge in cornmeal mixture.
4. Pour oil to a depth of  $\frac{1}{4}$  to  $\frac{1}{2}$  inch in a large cast-iron skillet; heat to  $375^{\circ}$ .
5. Drop tomatoes, in batches, into hot oil, and cook 2 minutes on each side or until golden.
6. Drain on paper towels or a rack. Sprinkle hot tomatoes with salt.

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We're here to help: [flourish-flour.com](https://flourish-flour.com)