

Fried Green Tomatoes

Phillip Jones

Ingredients:

- 1 to 3 medium, to large Green unripe tomatoes
- 2 cups of Flour and Corn Meal, or more (ratio $\frac{3}{4}$ flour to $\frac{1}{4}$ Cornmeal)
- Salt and Pepper to taste.
- Vegetable Oil (Vegetable, Corn, Olive, Safflower)

Directions:

Combine Flour and Corn Meal in bowl add salt and pepper to taste.

Slice tomatoes size you would on a sandwich.

Put Iron skillet on Stove set to medium (number 5 on Electric Stove).

Put enough oil to cover bottom of skillet. Allow to heat to point oil ripples.

Put tomato slice in the Flour/Cornmeal mixture, then turn over and cover other side with mixture, side. Shake off excess mixture.

Place in Skillet, fry until side is browned, turn over to other side, and brown that side. Repeat with each slice.

Can be served with any other vegetable and meat combination, or simply themselves alone.