

# Fried Green Tomatoes

*with Cajun Rémoulade Sauce & Boston Red Leaf Salad*

This dish is a taste of what's to come, using the current crop of green tomatoes (red tomatoes that haven't had a chance to ripen in the summer sun). Their firm texture and lightly acidic nature make them perfect for breading and pan-frying. We're adding our own special touch to this mainstay of Southern cuisine, serving it with a zesty Cajun rémoulade sauce for dipping.



## Ingredients

- 3 Breakfast Radishes
- 2 Green Tomatoes
- 1 Bunch Parsley
- 1 Clove Garlic
- 1 Head Boston Red Leaf Lettuce
- 1 Lemon
- 1 Shallot
- ¼ Cup Mayonnaise
- 1 Teaspoon Cajun Seasoning
- 1 Cup Panko Breadcrumbs
- ½ Cup All-Purpose Flour
- ½ Cup Buttermilk

Makes 2 Servings  
About 590 Calories Per Serving





# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Cut the radishes into thin rounds. Slice the tomatoes into ½-inch thick rounds. Pick the parsley leaves off the stems; discard the stems. Peel and mince the garlic then, using the flat side of your knife, smash until it resembles a paste. Cut out and discard the root of the lettuce, then roughly chop the leaves. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Peel and mince the shallot.



## Make the rémoulade:

In a small bowl, combine the **shallot**, **lemon zest**, **garlic paste**, **mayonnaise**, **Cajun seasoning** and the **juice of 2 lemon wedges**. Stir to thoroughly combine and season with salt and pepper to taste.



## Bread the tomatoes:

Place the **flour**, **buttermilk** and **breadcrumbs** into 3 separate dishes. Working one at a time, coat each **tomato slice** in the flour (tap off any excess flour), then briefly dip in the milk before coating completely with breadcrumbs. With your fingers, gently press the crumbs into the tomato to make sure they stick. Transfer the breaded tomato to a plate or tray; repeat with the remaining tomato slices.



## Pan-fry the tomatoes:

In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high until hot. Add the **breaded tomatoes** to the hot oil (working in batches, if necessary, to avoid overcrowding) and cook 3 to 4 minutes per side or until crisp and golden brown. (You may need to rotate the tomatoes around the pan to ensure even cooking.) Transfer the fried tomatoes to a paper towel-lined plate and immediately season with salt. Set aside as you continue cooking.



## Make the salad:

In a large bowl, combine the **lettuce**, **radishes** and **parsley**. Season with salt and pepper. Add the **juice of 1 lemon wedge** (you will have an extra lemon wedge) and a drizzle of olive oil; toss to coat.



## Plate your dish:

Divide the **fried tomatoes** and **salad** between 2 plates and serve with the **Cajun rémoulade** on the side. Enjoy!