



# Fried Green Tomatoes

*serves 4-6*

- 1/2 cup organic buttermilk
- 2 farm-fresh eggs
- 1 cup all-purpose flour (rice or gluten-free mix is fine)
- 4 large, firm green tomatoes
- 1 cup organic cornmeal
- lard or vegetable oil

Core tomatoes and cut into 1/2"-thick slices. Sprinkle with sea salt and pepper and set aside.

Spread the flour on a large plate. Beat the eggs with the buttermilk in a medium bowl. Spread the cornmeal on another plate.

Heat about 1/2" of lard or vegetable oil over medium-high heat in a cast-iron skillet until almost smoking.

Meanwhile, dredge the tomato slices in the flour, shaking off any excess. Next, dip them in the egg mixture, letting excess run off. Then dredge them in cornmeal.

Slip slices into the hot pan in batches, so as not to crowd them. Cook about 2 minutes per side, until nicely browned.

Transfer to a paper-towel lined plate. Serve immediately with smoky mayonnaise.