

# Fried green tomatoes



CHEF+TEACHER  
**CAT CLARKE**  
plant+grow+learn

<b>DIFFICULTY:</b>	Easy
<b>SERVES:</b>	4
<b>SEASON:</b>	Summer/Autumn
<b>PREP TIME:</b>	30 minutes
<b>COOKING TIME:</b>	5 minutes
<b>SUBSTITUTES:</b>	You can adjust the season and add more flavours. Get adventurous with your spice cupboard.



## EQUIPMENT:

Three Bowls  
Pan with oil to shallow fry or air fryer  
Tongs  
Knife  
Chopping board



## INGREDIENTS:

3 green tomatoes  
1 cup of flour  
1 egg  
1/2 cup of milk  
1/2 tsp smoked paprika  
1/2 cup of shredded parmesan cheese  
Sprig of parsley or any other herb you'd like to use  
1/2 tsp bush oregano



## METHOD:

- Begin by selecting green tomatoes from the garden, and wash them thoroughly to ensure that no bugs have made a home inside them. Remove the tomato's eye, and slice them into thick pieces that are approximately 1cm in size (the thickness doesn't have to be exact).
- Set up a crumbing station with three separate bowls containing flour, egg wash, and panko breadcrumbs. Add milk, smoked paprika, and seasoning to the egg wash. Mix parmesan cheese and herbs into the breadcrumb mixture.
- Dip the tomato slices into the flour first, then into the egg wash, and finally into the breadcrumb mixture. Place on a tray ready to cook.
- You can use many different methods to cook these. Either fry the tomato slices in a shallow pan with oil, use an oven or air fryer. Serve with pesto, kewpie mayo, or chutney.