

Ultimate Fried Green Tomato BLT

Chef Curtis Stone - Cooking with Curtis
www.WinnDixie.com

FRIED GREEN TOMATOES

*2 large green tomatoes, cut into
1/3-inch-thick slices
3/4 cup all-purpose flour, divided
1 egg
1/2 cup whole milk
3/4 cup fine cornmeal
1 cup canola oil*

PIMIENTO MAYONNAISE

*1/2 cup mayonnaise
1 roasted red bell pepper, peeled,
seeded and finely chopped
1/4 cup dill pickle, finely chopped
2 tablespoons Creole or coarse ground
mustard
1 tablespoon fresh lemon juice
1 1/2 teaspoons hot sauce (or more,
to taste) (optional)
salt (to taste)
pepper (to taste)*

SANDWICHES

*2 bakery fresh sub rolls, split open
3 cups iceberg lettuce, thinly sliced
1/2 small red onion, thinly sliced
8 slices regular-cut bacon, cooked and
drained*

To make the fried green tomatoes: Sprinkle the tomato slices generously on both sides with salt and pepper. Place the slices on a plate or baking sheet between paper towels to dry out for 10 minutes.

In a pie plate, mix 1/2 cup of the flour and one teaspoon of salt. In a second pie plate, whisk the egg and milk to blend. In a third plate, mix the cornmeal and remaining 1/4 cup of flour. Working with one slice at a time, dip the tomatoes into the flour to coat lightly. Then dip into the egg mixture, and lastly, dip them into the cornmeal mixture. Pat firmly to coat. Place the coated green tomato slices on a baking sheet or a plate lined with parchment paper.

In a large frying pan, heat the oil over medium-high heat to about 375 degrees. Add four tomato slices. Cook for about 2 minutes per side, or until golden brown. Transfer the fried tomatoes to a paper towel-lined plate. Sprinkle with salt. Repeat to cook the remaining tomatoes. (The oil will get increasingly darker, but will remain clean enough to cook three batches of tomatoes.) Cut the tomatoes in half, if desired.

To make the pimiento mayonnaise: In a small bowl, whisk the mayonnaise, bell pepper, pickle, mustard, lemon juice and hot sauce, if using, to blend.

Season with salt, pepper and additional hot sauce, if desired.

To make the sandwiches: Cut the rolls in half crosswise to make a total of four equal-sized sandwiches. Spread the pimiento mayonnaise over the cut sides of the rolls. On the bottom half of each roll, add the lettuce and onions and then the fried tomatoes and bacon. Top with the other half of the rolls. Serve.

Per Serving (excluding unknown items): 3353 Calories; 323g Fat (84.1% calories from fat); 28g Protein; 109g Carbohydrate; 11g Dietary Fiber; 267mg Cholesterol; 1317mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1 Lean Meat; 6 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 52 1/2 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	3353	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	84.1%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	12.6%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	3.3%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	323g	Folacin (mcg):	325mcg
Saturated Fat (g):	33g	Niacin (mg):	8mg
Monounsaturated Fat (g):	157g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	112g	Alcohol (kcal):	0
Cholesterol (mg):	267mg	% Refuse:	0.0%
Carbohydrate (g):	109g		
Dietary Fiber (g):	11g		
Protein (g):	28g		
Sodium (mg):	1317mg		
Potassium (mg):	1574mg		
Calcium (mg):	304mg		
Iron (mg):	9mg		
Zinc (mg):	3mg		
Vitamin C (mg):	105mg		
Vitamin A (i.u.):	4363IU		
Vitamin A (r.e.):	543RE		

Food Exchanges

Grain (Starch):	4 1/2
Lean Meat:	1
Vegetable:	6
Fruit:	0
Non-Fat Milk:	1/2
Fat:	52 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	3353	Calories from Fat: 2819
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% Daily Values*		
Total Fat	323g	496%
Saturated Fat	33g	164%
Cholesterol	267mg	89%
Sodium	1317mg	55%
Total Carbohydrates	109g	36%
Dietary Fiber	11g	43%
Protein	28g	
Vitamin A		87%
Vitamin C		175%
Calcium		30%
Iron		49%

* Percent Daily Values are based on a 2000 calorie diet.

