

Fried Green Tomatoes

With Avocado and Perfect Poached Egg

- 1 large green tomato (or more)
 - Kosher or pink salt
 - Freshly ground black pepper
 - all-purpose flour
 - 1 large egg
 - 1 T buttermilk
 - 1 1/2 C panko Japanese-style breadcrumbs & corn meal
 - 1/2 C olive oil, for frying
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- 1 medium avocado
 - 1 teaspoon fresh lemon juice, or more to taste
 - 4 large eggs

Prep tomatoes. Slice tomatoes into 1/4-inch thick slices. Season tomato slices on both sides with salt and pepper. Set aside.

Prep coating. In a shallow dish or pie pan, add the flour. In a second shallow dish, whisk together the egg and buttermilk until blended. Spread the panko breadcrumbs in a third plate.

Coat tomatoes. Dip each tomato slice into the flour to coat evenly, shaking off the excess. Then, dip into the egg mixture, letting the excess drip back onto the dish. Then coat the tomato slices in the breadcrumbs/cornmeal, patting firmly.

Cook tomatoes. Heat oil in a 10-inch non-stick or cast iron skillet over low-medium heat. Place tomatoes into the heated oil in a single layer. Cook until the undersides are golden brown, about 2 minutes. Turn the slices and fry until the other sides are browned, about 2 minutes more, adding more oil to the pan as necessary.

Prep avocado. Scoop out the avocado pulp into a medium bowl and mash it with a fork and some fresh lemon juice. Season with salt and pepper to taste.

Plate tomatoes. Place tomato slices on plates and top with even amounts of avocado mixture.

Cook eggs. Crack the eggs into 4 small ramekins or sauce dishes. In a 12-inch straight-sided skillet, bring 3 inches of water to a simmer. Turn down the heat so that no more bubbles form on the surface. Carefully slide the eggs into the water. Cook until white is set and yolk is still runny, 3 to 4 minutes. Use a rubber spatula to gently release eggs from the bottom of pan, if necessary. Using a slotted spoon, remove eggs from water. Blot the bottom of the spoon on a paper towel to remove excess water. Place an egg on each tomato slice. Serve.

With Shrimp and Creamy Tomato Sauce Over Fried Green Tomatoes for Dinner

- 1 T butter
- 1 onion, chopped
- 2 cloves of garlic, minced
- 2 C peeled and chopped red tomatoes, juices retained
- 1 † kosher salt, or to taste
- 1/4 † freshly cracked black pepper
- 1/4 † Cajun seasoning
- 1 † sugar
- 1 T chopped parsley
- 1 T fresh, chopped basil
- 1 lb. small shrimp, peeled and deveined
- 1/2 cup heavy cream

Sauce

Melt butter in a large skillet over medium heat. Add the onion and cook just until translucent, then add the garlic and cook another minute.

Add the tomatoes with their juices, salt, pepper, Old Bay, Creole or Cajun seasoning, sugar, parsley and basil. Bring to a boil, reduce heat to medium low and simmer for 25 minutes. Taste and adjust seasonings.

Stir in the shrimp and cook until shrimp turns pink; stir in the cream and heat through. Hold over low until tomatoes are done.

Lastly, if you're feeding big eaters, this sauce is great over pasta of your choice.