



Fresh, crisp and wonderfully tart, Sarah's Italian Fried Green Tomatoes are the perfect summertime appetizer or snack. Sarah Nasello / The Forum

Sarah's Italian Fried Green Tomatoes

Serves: 4

Ingredients:

2 large beefsteak tomatoes or 4 Roma tomatoes, sliced into 1/2-inch rounds
2 cups Italian seasoned breadcrumbs
1/3 cup grated Parmesan cheese
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 teaspoon dried oregano
1/2 teaspoon kosher salt
1/4 teaspoon ground black pepper
2 large eggs
3 tablespoons milk
1 cup all-purpose flour
Canola or vegetable oil, for frying

Directions:

To create the dredging station, place 3 shallow dishes or pie plates on your work surface. In 1 dish, use a whisk or fork to combine the breadcrumbs with the Parmesan cheese, garlic powder, onion powder, oregano, salt and pepper.

In another dish, use a fork or whisk to beat the eggs with the milk until frothy. Place the flour in the third dish.

Dredge the tomato slices in the flour on both sides, shaking off any excess until lightly coated all around. Next, dredge the floured tomatoes in the egg wash on both sides, shaking lightly to let excess liquid flow off. Dredge each slice in the breadcrumbs and use your hands to ensure that the tomato is fully coated.

In a large pan, heat $\frac{1}{4}$ cup of oil over medium-high heat until hot and almost smoking. To test if the oil is ready, drag the edge of a coated tomato slice through the oil. If it sizzles vigorously, the oil is ready.

Place the coated tomato slices in the pan and cook until golden brown all around, about 2 to 3 minutes per side. Transfer the fried slices to a plate or baking sheet lined with paper towels and repeat until done. Serve immediately.

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"Home with the Lost Italian" is a weekly column written by Sarah Nasello featuring recipes by her husband, Tony Nasello. The couple owned Sarello's in Moorhead and lives in Fargo with their son, Giovanni. Readers can reach them at sarahnasello@gmail.com.