

NEW! SOUTHERN ON THE SIDE

Fried Green Tomatoes

If you firmly believe that authentic Southern vegetables must be baptized in bacon fat in a well-seasoned cast-iron skillet, you can skip this page. We love tradition, but this month's "SOS" is taking a beloved classic and giving it a much-needed jet-age update. Welcome to a faster, lighter, and remarkably crispy take on an absolute staple: **Air Fried Green Tomatoes!** WARNING: Blasphemies Ahead!

Let's be honest, traditional fried green tomatoes aren't exactly health food. By trading the skillet and a pool of oil for an air fryer, we keep the crunch and tangy flavor while dramatically improving the nutrition profile. Better yet, this method cuts prep and cooking down to a mere 13 minutes from start to finish.

'SOS' Fast Fact: *Using an air fryer means just a tiny mist of oil to achieve that golden-brown crust. This saves on calories and fat but eliminates the messy splatter of pan-frying. But use a manual oil mister! Non-stick sprays are not for air fryers and can damage your basket!*

Directions:

Pat your tomato slices dry with paper towels and season them well with salt and pepper. Set up a quick three-step breading station. Coat each slice lightly in the flour, dip it into the egg and buttermilk mixture, and finally, press both sides firmly into the cornmeal and Panko blend for maximum crunch.

Preheat your air fryer to 400°. Mist the basket lightly with oil, place four slices in a single layer, and mist the tops of the

Comeback Sauce

A classic, zesty dipping sauce from 1920's Mississippi, a cross between remoulade and Thousand Island. Typically includes:

- 1/2 cup mayonnaise
- 2 tablespoons chili sauce (or ketchup)
- 1 tablespoon fresh lemon juice
- 1 teaspoon Worcestershire sauce
- 1 teaspoon hot sauce, to taste



Ingredients:

- 2 to 3 firm green tomatoes, cut into 1/4-inch slices
- Salt and pepper to taste
- 1/2 cup all-purpose flour
- 2 large eggs, whisked with 1/2 cup buttermilk
- 1 cup yellow cornmeal mixed with 1 cup Panko breadcrumbs (the secret to an extra crispy coating)
- Olive or vegetable oil, in a manual mister

tomatoes. Air-fry for 5 minutes, flip, give them one more quick mist of oil, and fry for 3 more minutes. Not much longer than that!

Serve them piping hot as an appetizer with a side of **Comeback Sauce (see inset, above)**, or layer them into a BLT! You get all the comfort of the classic dish with a fraction of the guilt!

RECIPE, PHOTOS: EDITOR

