

FOX-7 WTVW

July 5, 2010

KITCHEN AFFAIRS

4610 Vogel Road
EVANSVILLE, IN 47715

FRIED GREEN TOMATO & CANADIAN BACON, "BLT's"

1 large green tomato
4 thick slices Canadian bacon
1 egg, beaten
flour, for dredging
Japanese style bread crumbs (panko), for dredging
8 slices bread, of your choice, toasted
1/2 cup mayonnaise
2 TableSpoons Major Grey's chutney
clarified butter
lettuce leaves, washed and dried

Cut the tomato into thick slices. Dredge the slices in flour, then in the beaten egg, and finally in the bread crumbs.

Fry the sliced tomato in a heavy skillet or sauté pan in clarified butter over medium heat until the slices are golden on both sides. Remove the slices to a paper towel to drain.

In a clean fry pan, fry the bacon until just done, do not overcook.
Combine the mayonnaise and the chutney in a bowl.

Lay 1 slice of toast on a serving plate, spread the mayonnaise mixture on one side. Layer the fried bacon, the fried tomato, a lettuce leaf and top the sandwich with a second slice of the toast, spread with the mayonnaise. Serve at once.