

Inspired by the [Tupelo Honey Café](#) and [An Annathology of Meals](#).



Grits with Goat Cheese and Fried Green Tomatoes

For the grits:

2-1/4 c water
1/2 c grits
1 T unsalted butter
4 oz. goat cheese
2 T heavy cream
4-6 leaves fresh basil, cut chiffonade

For the tomatoes:

3 green tomatoes
2 eggs
1/2 c milk
1 c whole wheat flour
1/2 c cornmeal
1/2 c bread crumbs
2 t Kosher salt
1/4 t ground black pepper
Canola oil

For the grits:

In a saucepan, bring the water to a boil and slowly stir in the grits. Reduce the heat to medium-low, cover and cook another 12 to 14 minutes or until thickened. Stir occasionally. Next add the butter, cream and cheese and stir until incorporated throughout. Top with basil and fried green tomatoes to serve.

For the Fried Green Tomatoes:

Slice the tomatoes 1/4" thick. (Too thin and they won't hold up to the frying process.) Whisk the eggs and milk into one shallow dish, add the flour to another, and combine the bread crumbs and cornmeal in a third shallow dish.

First coat each tomato in the flour. Next soak them in the egg mixture and finally dredge in the bread-crumbs to coat. Fill a large skillet with canola oil until about 1/2-inch deep. Heat the oil over medium heat. When a little pinch of bread crumbs bubbles in the oil, add the tomatoes. Fry the tomatoes for about 3 to 4 minutes per side, or until golden brown.

Once fried, remove the green tomatoes from the oil and place on paper towels to drain. Serve the tomatoes over the grits while still warm.