

The perfect Fried Green Tomatoes— A southern classic

I grew up in eastern North Carolina where summertime is equated with daily indulgence in plump, juicy luscious tomatoes, both red and green. Though red is the heart and soul of any sandwich (especially thick slices of Wonder Bread slathered with Duke's mayonnaise), green is made for frying. Starting in early June, my grandmother started cooking up a mess of green tomatoes in a heavy cast iron skillet and didn't stop until mid-September.

This is the recipe my grandmother used. It is simple and the results are perfect. I hope you enjoy this sublime and simply perfect dish as much as my family did.—Editor



Makes 4 to 6 servings

Ingredients

4 large, firm green tomatoes, cut crosswise into 1/4-inch thick slices, about 5 per tomato
Kosher salt and freshly ground black pepper to taste
1 cup finely ground cornmeal
1 teaspoon paprika or pimentón (a Spanish smoked paprika, available at latienda.com)
2 eggs
Vegetable oil

Preparation

1. Sprinkle the tomato slices with the salt and pepper;

set aside.

2. Combine the cornmeal and paprika in a shallow bowl. In another bowl, beat the eggs.

3. Cover the bottom of a heavy skillet with 1/2 inch of oil, then place it over medium-high heat.

4. Coat the tomato slices in the egg, then dredge them in the cornmeal mixture. Wipe off any excess.

5. Fry as many tomatoes as fit comfortably in the pan until nicely browned, about 2 minutes a side.

6. Transfer them to a paper towel-lined platter. Repeat until all the tomatoes are cooked.

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ON FRIDAY, JULY 4th**

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Wake ElectriConnection

*“the power to make
a difference”*

a newsletter for members of Wake Electric Membership Corporation

July 2008

 Wake Electric Membership Corporation

A Touchstone Energy Cooperative 

No more newsletters in your electric bill

(but don't worry. We still have you covered.)



As part of our continuous efforts to better serve our members, Wake Electric is changing the way members receive their monthly newsletter, *Wake ElectriConnection*.

Starting in August, instead of receiving the newsletter with the electric bill, the newsletter will now be included in the center of your *Carolina Country* magazine.

Carolina Country is a magazine mailed out to all Wake Electric customers monthly.

The newsletter will continue to carry up-to-date information on services offered by your co-op, energy efficiency tips, educational information, grant programs, and much much more.

The newsletter will be in full color and will, as before, be four-pages long.

If you do not receive *Carolina Country* and would like to, contact Pegg Goehring at Wake Electric at 919.863.6300 or 1.800.474.6300. Also, archives of newsletters can be downloaded at www.wemc.com.

With record high temperatures already beating down on us this summer, Wake Electric members want to find ways to cut down on their electric bill. One way to do this is to check into how much your house and its appliances are costing you in heating bills each month.

Want to get a detailed look at your costs?

- Want to know how much that brand new, high-end dryer is costing you per month?
- Or how much energy that 20-year old deep freezer sitting in your 110 degree garage is costing you? (*you can bet that it's costing you more than all of those 5-year old frozen packs of lima beans and venison you're saving in it are worth*)

You can find out how much practically any appliance or any kind of lighting in your home is costing you every month just by checking out the FREE Home Energy Suite on Wake Electric's website. Just click on the Home Energy Suite icon in the menu bar and you'll be just a click away from really finding out how much the things you own are costing you. It's simple and easy to use, it's fun, and most of all, IT'S FREE! Check it out today at www.wemc.com.



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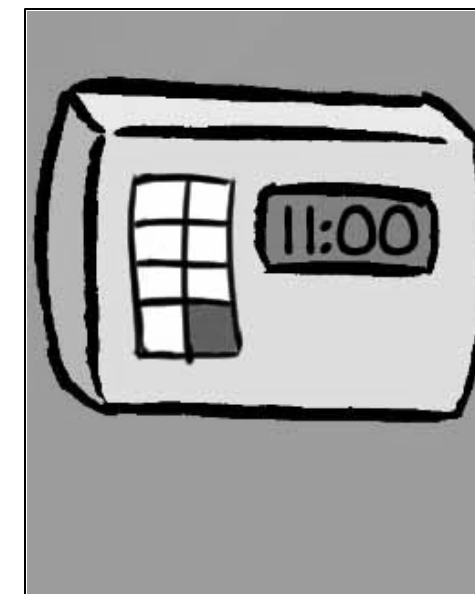
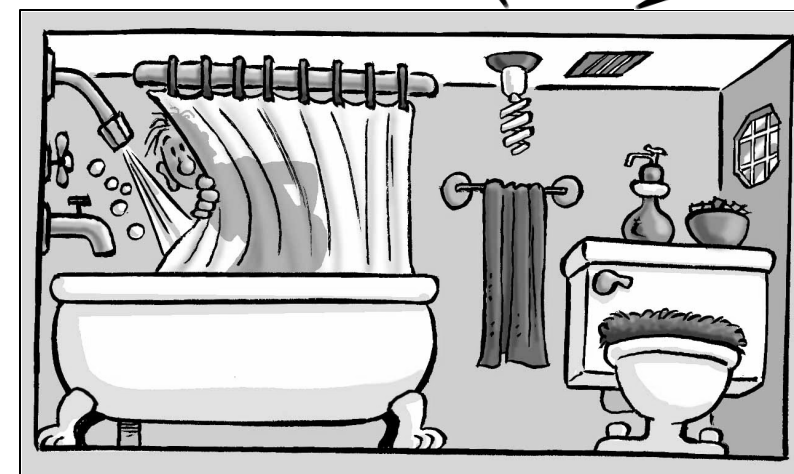
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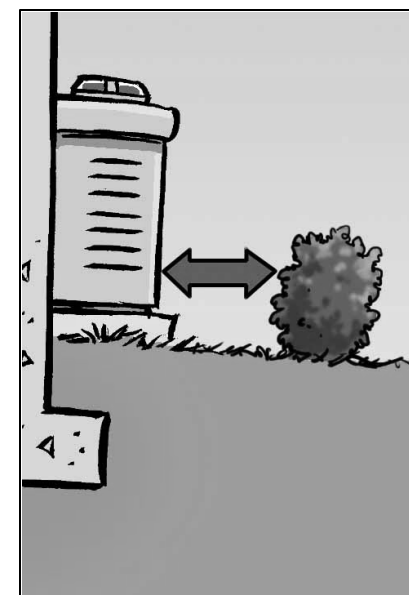
A guide to energy efficiency and conservation at home

Switch to compact fluorescent bulbs.

Use exhaust vents to reduce humidity when bathing or cooking.



Set thermostat at 78 or higher in summer, 68 or lower in winter. Programmable thermostats save energy.



Outside HVAC components require unrestricted air flow.