



Hot and Hot Tomato Salad

READY IN



45 min.

SERVINGS



6

CALORIES



499 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 applewood-smoked bacon crumbled cooked
- ☐ 6 tablespoons torn basil fresh
- ☐ 6 ounces black-eyed peas fresh shelled rinsed drained well
- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 6 tablespoons buttermilk divided
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 tablespoons crème fraîche
- ☐ 0.5 cup flour all-purpose
- ☐ 6 tablespoons chives fresh minced

- ☐ 1 small garlic clove minced
- ☐ 0.3 cup coarse-ground cornmeal
- ☐ 7 large heirloom tomatoes cored ripe sliced
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 30 baby okra whole trimmed
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 1 large onion peeled quartered
- ☐ 2 cups vegetable oil; peanut oil preferred
- ☐ 2 tablespoons red wine vinegar
- ☐ 6 ounce ham hock smoked
- ☐ 1 thyme sprig

Equipment

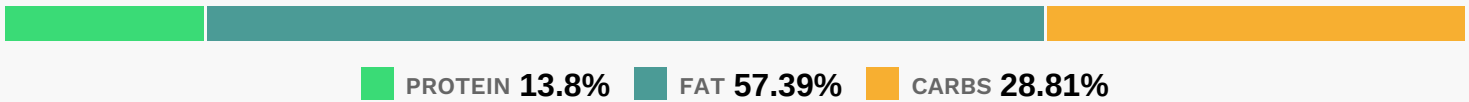
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Sprinkle cut sides of tomatoes with 1/2 teaspoon pepper and 1/4 teaspoon salt; drizzle with 1 tablespoon olive oil and vinegar. Set aside.
- ☐ Combine peas, ham hock, onion, and thyme in a medium saucepan; cover with cold water. Bring to a simmer over medium heat; simmer 15 minutes or until peas are just tender, stirring occasionally.
- ☐ Remove from heat; drain and cool. Discard ham hock, onion, and thyme.

- ☐ Clip a candy/fry thermometer onto the side of a large skillet; add 2 cups peanut oil to pan.
- ☐ Heat peanut oil to 35
- ☐ Place 1/4 cup buttermilk in a shallow dish.
- ☐ Combine flour, cornmeal, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a shallow dish, stirring well. Dip okra in buttermilk; dredge in flour mixture.
- ☐ Place okra in hot oil; fry 2 minutes or until golden, making sure oil temperature remains at 35
- ☐ Remove okra using a slotted spoon; drain on paper towels.
- ☐ Divide tomato slices evenly among 6 plates; top each serving evenly with cherry tomatoes. Spoon 2 heaping tablespoons peas over each tomato stack. Arrange 5 pieces fried okra on each serving; sprinkle evenly with bacon.
- ☐ Combine the remaining 2 tablespoons buttermilk, chives, and garlic in a small bowl.
- ☐ Add remaining 1/4 teaspoon salt, 1/4 teaspoon pepper, and juice; stir well with a whisk. Gradually add remaining 1 tablespoon olive oil, while whisking vigorously. Stir in crme fraiche.
- ☐ Drizzle 2 tablespoons dressing mixture over each serving; top with 1 tablespoon basil.

Nutrition Facts



Properties

Glycemic Index:89.08, Glycemic Load:14.15, Inflammation Score:-10, Nutrition Score:24.809565020644%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 19.23mg, Quercetin: 19.23mg, Quercetin: 19.23mg, Quercetin: 19.23mg

Nutrients (% of daily need)

Calories: 498.52kcal (24.93%), Fat: 32.52g (50.03%), Saturated Fat: 7.87g (49.16%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 28.69g (10.43%), Sugar: 10.28g (11.42%), Cholesterol: 42.17mg (14.06%), Sodium: 472.4mg (20.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.59g (35.18%), Vitamin C: 55.04mg (66.71%), Manganese: 1.12mg (55.76%), Vitamin K: 55.14µg (52.51%), Vitamin A: 2624.44IU (52.49%), Folate:

162.76µg (40.69%), Fiber: 8.05g (32.21%), Vitamin E: 4.6mg (30.68%), Potassium: 1065.07mg (30.43%), Vitamin B1: 0.42mg (28.12%), Vitamin B6: 0.47mg (23.7%), Magnesium: 93.93mg (23.48%), Phosphorus: 208.9mg (20.89%), Iron: 3.31mg (18.4%), Copper: 0.36mg (17.8%), Vitamin B3: 3.45mg (17.27%), Calcium: 125.37mg (12.54%), Vitamin B2: 0.21mg (12.4%), Selenium: 8.35µg (11.92%), Zinc: 1.68mg (11.21%), Vitamin B5: 0.76mg (7.61%), Vitamin B12: 0.13µg (2.21%), Vitamin D: 0.24µg (1.59%)