



## Mozzarella Sticks

### Instructions

1. fine crumbs.

1 ½ cups plain Panko

Place panko crumbs in a Ziploc bag and use a rolling pin or mallet to crush until you have

2. Pour crushed panko into a shallow dish and add Italian seasoning, parsley, garlic powder,

pepper, and salt and stir to combine.

½ teaspoon Italian seasoning, ½ teaspoon dried parsley, ¼ teaspoon garlic powder, ½ teaspoon ground black pepper, ¼ teaspoon table salt

3. In a separate, shallow bowl, crack 2 large eggs and beat with a whisk or the tines of a fork

until scrambled.

2 large eggs

4. Pour all-purpose flour in yet another shallow bowl.

½ cup all-purpose flour

5. If using a mozzarella block, cut widthwise into 15 sticks.

1 lb whole milk mozzarella block

6. Working with one at a time, dip the stick in the flour and shake off any excess flour. Then

dip in the beaten egg and let any excess drip off. Finally, dip in panko crumb mixture,

making sure the entire cheese stick is coated with panko.

7. Place a wire cooking rack on a baking sheet and place breaded mozzarella sticks on rack.

Once all sticks have been dipped, transfer to the freezer and chill for at least one hour. If

you are chilling for longer than 1 hour, after 1 hour remove from freezer and place in an

airtight container then return to freezer.

To Fry (please see notes section below for instructions for the oven or in the air

fryer)

1. While sticks are still in the freezer, fill a medium-sized saucepan 3” deep with vegetable oil. Attach a thermometer to the side and make sure it is suspended about halfway into the oil (and that it is not touching the bottom of the pot). Heat oil over medium heat until you reach a temperature of 350F (175C) then remove sticks from freezer.

Vegetable oil

2. Fry sticks, 2 at a time, until golden brown (about 1 minute) then remove to a paper towel-lined plate to cool. Make sure oil returns to temperature before frying next batch.  
3. Enjoy while still warm dipped in warmed marinara sauce.

### Instructions for baking:

Preheat oven to 415F (210C) and line a baking sheet with aluminum foil. Spray lightly with cooking spray. Arrange sticks on baking sheet, spacing at least an inch apart, and bake 10-15 minutes or until they are beginning to turn golden brown (they will not get as dark as they would if deep fried). Enjoy warm dipped in warm marinara.

Instructions for air fryer:

Heat air fryer to 390F (200C). Spray the basket of your air fryer with cooking spray. Add sticks and spray lightly with cooking spray. Cook for 6-8 minutes, tossing halfway through, until are golden and crispy. Enjoy warm with warm marinara.

## Marinara sauce

### Ingredients

- 2 Tablespoons Extra virgin olive oil
- 1 cup (145 g) finely chopped yellow onion
- 2 Tablespoons minced garlic this was about 5 large cloves for me
- 28 oz (680 g) crushed tomatoes no spices or salt added
- 2 Tablespoons finely shredded fresh basil
- 2 teaspoons sugar
- ¾ teaspoons dried oregano
- ¾ teaspoons finely ground sea salt
- ½ teaspoon finely cracked black pepper

- ¼ teaspoon red pepper flakes

## **Instructions**

- Heat olive oil in a large saucepan over medium/high heat until shimmering.  
2 Tablespoons Extra virgin olive oil
- Add onion and cook, stirring frequently, until softened and translucent (about 3 minutes)  
1 cup finely chopped yellow onion
- Add garlic, cook (stirring frequently) until fragrant (about 30 seconds).  
2 Tablespoons minced garlic
- Add crushed tomatoes, basil, sugar, dried oregano, sea salt, black pepper, and red pepper flakes. Stir well and reduce heat to medium low.  
28 oz crushed tomatoes, 2 Tablespoons finely shredded fresh basil, 2 teaspoons sugar, ¾ teaspoons dried oregano, ¾ teaspoons finely ground sea salt, ½ teaspoon finely cracked black pepper, ¼ teaspoon red pepper flakes
- Simmer marinara sauce for 15-20 minutes, stirring occasionally.  
Use as desired