

Betty's Mozzarella Sticks



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In this video, Betty demonstrates how to make Super Bowl Mozzarella Sticks. These are sticks of mozzarella cheese that are coated in seasoned crumbs and deep-fried until the coating is browned and the cheese is just beginning to melt.

Ingredients (for 16 mozzarella sticks):

8-oz. package mozzarella cheese, cut into 16 equally-sized sticks

1/3 cup all-purpose flour

1/8 cup cornstarch

1 egg, well beaten

1/8 cup water

3/4 cup Italian breadcrumbs

1/4 teaspoon garlic salt

peanut oil for frying

In a shallow dish, mix 1/3 cup flour with 1/8 cup cornstarch, and set aside. In a small mixing bowl, beat 1 egg, add 1/8 cup water, and set aside. In a shallow dish, mix 3/4 cup Italian breadcrumbs with 1/4 teaspoon garlic salt, and set aside. Coat each mozzarella stick, one at a time, by dipping it into the flour mixture, then the egg mixture, and then the breadcrumb mixture. Place on a plate and refrigerate for at least a half-hour. Heat about 1-inch of peanut oil in a heavy pot over medium heat until it reaches 330 to 350 degrees (F). Use tongs to dip coated, chilled mozzarella sticks into the hot oil. Fry until golden brown, about 20 to 30 seconds. Remove immediately from hot oil and drain on a wire rack. When all of the mozzarella sticks are done, transfer them from the wire rack to a nice serving plate, and serve with a dip of your choice. Hot Wing Sauce, Ranch Dressing, Blue Cheese Dressing, or ketchup are all good dips to use with Super Bowl Mozzarella Sticks. Enjoy! --Betty ☐