



MOCKSARELLA STICKS

No, they're not ooey gooey, nor is there a cheese pull ready for its close-up; however, my Mocksarella Sticks are a crisp and flavorful affordable fakeout when you don't have the cheese to dip deep for the real thing, and fried snacks are what you're only craving. Although, I have to say, they are equally as decadent.

PREP/COOK TIME: About 48 Minutes

Makes 8 Sticks

INGREDIENTS

1 Lb – Extra Firm Tofu, Cut into Roughly 1" Thick Sticks (\$1.49)

1 Cup – All Purpose Flour (\$1.99 5 Lb Bag / \$.11)

1 Cup – Water

1 Tsp – Kosher Salt (\$2.63 48 Oz Box / \$.16)

½ Tsp – Coarse Black Pepper (\$1.99 2.12 Oz Bottle / \$.11)

3 Tb – Naturally Brewed Soy Sauce (\$3.39 15 Oz Bottle / \$.34)

1 Tb – Worcestershire Sauce (\$2.99 10 Oz Bottle / \$.20)

1 ½ Cups – Italian Seasoned Bread Crumbs (\$1.19 15 Oz Container / \$.95)

2 Tb – Kraft 100% Parmesan & Romano Grated Cheese (\$3.59 8 Oz Container / \$.16)

1 Cup – Vegetable Oil (\$2.19 48 Oz Bottle / \$.36)

TOTAL GROCERY COST: \$21.45

FEAST COST: \$3.88

THE NITTY GRITTY

Before slicing, squeeze out as much moisture as you can from tofu with paper towels, or a clean, lint-free, kitchen towel.

In a shallow tray, or pie dish, add soy sauce and Worcestershire; swirl sauces around the tray to coat bottom. Add tofu sticks one at a time; grazing lazily each side to absorb mixture before leaving to marinate for 15 minutes.

Meanwhile, in a large mixing bowl, combine ½ Cup flour, ½ Tsp kosher salt and black pepper; whisk dry ingredients together before adding water. You won't be using all the water, just

enough to make a batter that's thick enough to coat tofu sticks without breaking them. Whisk till smooth.

In another shallow tray, or pie dish, add bread crumbs and cheese. Toss to combine. Transfer marinated tofu sticks – shaking off any excess mixture – to paper towels; squeezing all moisture from tofu sticks.

Add remaining ½ Cup flour to a plate; spread evenly. Creating a little breading station, dredge each tofu stick in flour, before again grazing them into batter, followed by coating each stick evenly with breadcrumbs.

In a large skillet, or non-stick pan, heat oil at medium high till shimmering. Shake off excess breadcrumbs from each breaded tofu stick before adding them to hot oil. Allow 1 – 2 minutes for the first side to fry so that the batter/breading sets. Continue to fry till each side is crisp and golden, about 6 – 8 minutes frying time.

Transfer Mocksarella Sticks to paper towels to drain oily excess; season with remaining kosher salt (optional).

Serve immediately with some of your favorite jarred sauce or ranch dressing for dipping and enjoy.

VISIT FORKDLA.COM FOR MORE RECIPES

Copyright ©2020 Marshe Media. All Rights Reserved.