



Fried Cheese Frico

By Dylan Sabuco

Prep Time 1 / Cook Time 10 / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

fry: to cook in a pan in a small amount of fat.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

Equipment

- ☐ Skillet
- ☐ Dry measuring cups
- ☐ Tablespoon
- ☐ Heat-resistant spatula or tongs

Ingredients

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- ☐ 1/2 C shelf-stable grated Parmesan cheese ******(for DAIRY ALLERGY sub vegan/dairy-free/nut-free shelf-stable grated Parmesan cheese)******

Food Allergen Substitutions

Fried Cheese Frico

Dairy: Substitute vegan/dairy-free shelf-stable grated parmesan cheese.

Instructions

Fried Cheese Frico

intro

Frico is a crispy, fried disc of cheese. It is really just as simple as it sounds. All you will need to do is place cheese in your skillet and wait for the magic to happen. These cheese treats rely on you using shelf-stable grated parmesan cheese. DO NOT use fresh or pre-shredded Parmesan cheese, as it will melt differently than is intended, creating a huge mess in your skillet.

measure + fry

Heat a skillet to extra low heat. Pour 1 tablespoon of the **1/2 cup shelf stable grated Parmesan** into the skillet. Keep the parmesan in a small circle by gently spooning the cheese into the pan. Fill the pan with as many 1 tablespoon circles of cheese as you can fit without overcrowding or letting the cheese touch at all. From there, you simply wait about 6 minutes for the cheese to melt and become a crispy (or chewy) disc of cheese. It is that simple. Remove the crispy fried cheese from the skillet using a spatula or tongs. Serve this garnish alongside your favorite salad or Aunt Rosemary's Panzanella Bread Salad (see recipe).