



# 8 Best Olive Oil Deep Fry Recipes

Have you thought about taking your culinary journey to the next level?

# RECIPES

01



Corn fritters with shredded beef

02



Southern style chicken nuggets

03



Polenta bites with herbed ricotta

04



Fried calamari Andalusian style

05



Buffalo style chicken wings

06



French fries with a little twist

07



Mozzarella sticks with pomodoro

08



Fried empanada with cheese filling

+



+100 more recipes on our blog



# CORN FRITTERS

*with shredded beef*



**PREP + COOK**  
22 min



**SERVINGS**  
10 Fritters



**DIFFICULTY**  
Easy

## INGREDIENTS

- 2 cups fine corn meal
- ½ cup drained corn
- 2 eggs
- 3 tbs sliced green onion
- Salt and black pepper
- 1 clove garlic minced
- O-live Everyday Olive Oil
- 2 cups shredded green cabbage
- 2 tbs apple cider vinegar
- 2 tsp honey
- 1 lb beef round chunks
- ½ cup beef bone broth
- 2 tsp pink himalayan salt
- 1 cup BBQ sauce

### O-LIVE PRO TIP

This recipe is the perfect game-night appetizer, you can make different toppings to make it even more special!

## INSTRUCTIONS

### Step 1:

Add beef, broth and salt to a pressure cooker and cook on high pressure for 20 mins. Remove, shred and toss in your favorite bbq sauce.

### Step 2:

Add corn, green onion, salt, pepper, corn meal and garlic to a medium sized bowl and stir to combine. Take 1 cup of the corn mixture and blend it. Mix it in with the rest of the corn mixture.

### Step 3:

In a pan on medium heat, add about 1 inch of O-Live olive oil. Once it's hot (350°F), press down a ¼ cup of corn mixture, like a patty. Cook for 2 minutes on each side or until golden brown.

### Step 4:

Mix apple cider vinegar, honey, salt and pepper and whisk to combine. Add the green cabbage making sure it's all coated. Add about 1 tbs of the shredded beef to each corn fritter and top with coleslaw. Enjoy!



# SOUTHERN STYLE

## Chicken Nuggets



**PREP + COOK**  
45 min



**SERVINGS**  
3 to 4 people



**DIFFICULTY**  
Easy

### INGREDIENTS

Chicken Nuggets:

- 1 lb chicken thighs
- 1 cup flour
- 2 eggs
- 2 tsp O-Live Everyday Olive Oil plus more for frying
- 1 cup breadcrumbs
- Garlic powder, smoked paprika, salt and pepper

Sauce:

- 1 tbsp dijon mustard
- 1 tbsp honey
- 1 tsp pickle juice
- 1 tsp salt
- 1 tsp pepper
- ½ tsp O-Live Everyday Olive Oil

### INSTRUCTIONS

#### **Step 1:**

Cut the chicken into bite sized pieces and season with 1 tsp each: garlic, salt, paprika and pepper. In a pan start warming your EVOO.

#### **Step 2:**

Prepare your breading station. Beat the eggs and olive oil in one bowl. Add the flour to the last bowl and mix with another tsp of each: garlic powder, smoked paprika, salt and pepper. Add breadcrumbs to another bowl and season with the same spices.

#### **Step 3:**

Coat the chicken pieces by dipping first into the flour, then into the egg, then finally into the breadcrumbs. Once the Oil in the pan reaches 350°F it's ready to fry.

#### **Step 4:**

Drop one by one every nugget in the hot Olive Oil, making sure it's not crowded. Fry for about 4 minutes each and save aside.

#### **The Sauce:**

Mix all ingredients well and serve in a small bowl. Enjoy!



# POLENTA BITES

*with herbed ricotta*



**PREP + COOK**  
50 min



**SERVINGS**  
3 to 4 people



**DIFFICULTY**  
Medium

## INGREDIENTS

### Filling:

- ¾ cup ricotta
- ¾ cup shredded mozzarella
- 2 tsp minced fresh sage leaves
- 1 tsp salt
- 1 tsp fresh cracked pepper
- ½ tsp paprika

### Polenta:

- 1 ½ cups dried polenta
- 1 tsp minced fresh oregano
- 1 tsp salt
- 1 tsp black pepper
- 1.5-2 tbsp O-Live Organic Olive Oil
- ¼ cup rice flour for dusting

## INSTRUCTIONS

### Step 1:

In a bowl mix ricotta, sage, salt and pepper. Add mozzarella and mix until combined. Set in the fridge for at least 30 minutes.

### Step 2:

In a bowl combine polenta, oregano, salt and pepper. In a pan bring 3 cups of water to a boil, add in the polenta mixture, and whisk constantly while boiling the mixture for 3 mins. When the polenta is creamy, take it off the heat and whisk in the olive oil to ensure a smooth consistency. Once ready, start warming up about an inch or two of Olive oil in a pan for frying.

### Step 3:

Now it's time to form the bites! take a large tablespoon of warm polenta and flatten it into a disc on some plastic wrap. Top it up with some ricotta mixture. Then, use the plastic to form the balls.

### Step 4:

Once every bite is ready, roll each ball over some rice flour. Once the Oil in the pan has reached 350°F, drop each ball for about 4 minutes or until golden. Enjoy!



# FRIED CALAMARI

## *Andalusian style*



**PREP + COOK**  
50 min



**SERVINGS**  
2 to 3 people



**DIFFICULTY**  
Easy

## INGREDIENTS

- 500 g (18 oz.) small Squids
- Lemon juice
- 1 clove of garlic
- Salt and pepper
- O-Live Robust Olive Oil to marinate
- Flour
- 1 egg
- Salt and pepper
- O-Live Everyday Olive Oil to fry

### O-LIVE PRO TIP

This recipe is better made with small calamari, since they are much more tender. If you can only find average calamari, we recommend boiling them first in some water, then chopping them into rings!

## INSTRUCTIONS

### **Step 1:**

Wash the squid in plenty of water; remove the entrails, hard parts and ink. Cut into rings; marinate in a little lemon juice, O-Live Olive Oil, garlic, salt and pepper for 30 minutes. Start warming up about an inch of O-Live Oil in a small pan.

### **Step 2:**

Beat up one egg in a small bowl and in another mix flour, salt and pepper. Dry each squid with a paper towel, dip them in flour, then in beaten egg, and again in flour.

### **Step 3:**

Once each calamari is covered in batter and the O-Live Oil has reached 350°F, it is time to start frying. Fry in groups of 4 or 5 rings, for about 4 minutes or until golden brown.

This is commonly eaten in Spain with a bit of lemon juice and some garlic mayo. In some places, like Madrid, they'll make a sandwich! So give it a try the way that seems best for you!



**PREP + COOK**  
20 + 60 min



**SERVINGS**  
4 to 5 people



**DIFFICULTY**  
Easy

## INGREDIENTS

- ½ cup all-purpose flour
- ¼ teaspoon ground paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- 10 chicken wings
- O-Live Everyday Olive Oil to fry
- ¼ cup butter
- ¼ cup hot sauce
- 1 pinch ground black pepper
- 1 pinch garlic powder

### O-LIVE PRO TIP

The key to perfect crispness is not frying too many wings at the same time. If the oil is crowded you risk bringing the temperature down! We recommend frying 2 to 3 at a time, depending on the size of your pan.

## INSTRUCTIONS

### Step 1:

In a large bowl, whisk together flour, paprika, cayenne pepper, and salt. Place the chicken wings in the bowl and toss until evenly coated. Transfer the wings to a 9x13-inch glass baking dish and arrange in a single layer. Cover and refrigerate for 1 to 1 ½ hours.

### Step 2:

Add about 1 inch O-Live Olive oil to a deep, heavy skillet; heat to 350° F. (The oil should be just enough to cover wings entirely.)

### Step 3:

Meanwhile, in a small saucepan over low heat, combine butter, hot sauce, pepper, and garlic powder. Cook and stir until butter is melted and mixture is thoroughly blended. Remove from the heat and reserve for serving.

### Step 4:

Fry the wings in the hot oil for 10 to 15 minutes, or until golden brown. Remove the cooked wings and let drain on paper towels. Transfer the wings to a platter and drizzle hot sauce over top; or mix wings and hot sauce in a bowl until coated.



# FRENCH FRIES

*with a little twist*



**PREP + COOK**  
90 min



**SERVINGS**  
4 people



**DIFFICULTY**  
Easy

## INGREDIENTS

- 3 to 4 medium sized potatoes cut into sticks or wedges.
- 2 tbsp white vinegar
- 1 tbsp salt
- O-Live Everyday Olive Oil
- Salt and pepper
- 1 cup shredded cheese
- 1 cup sour cream
- 6-8 fresh chives cut small
- 8oz ground beef
- ½ onion in small cubes
- 1 garlic clove
- Salt and pepper

### O-LIVE PRO TIP

Double frying is the key to achieving the perfect crispiness of your homemade french fries.

## INSTRUCTIONS

### **Step 1:**

In a large skillet heat up Olive Oil, add onion and garlic. Add meat and season with salt and pepper, stir until well done. Reserve.

### **Step 2:**

Rinse your cut potatoes in some tap water for 20 seconds. Then, in a large pot with cold tap water, vinegar and salt. Bring fries to a boil and cook for 10 mins. then carefully remove to a paper towel.

### **Step 3:**

Start warming up about an inch of O-Live Olive Oil in a medium pan. Once the fries are dry and the Oil has reached 350°F, lower the first batch of fries, using a slotted spoon, cook for 50 seconds and remove. Let them cool down for 30 mins and then fry them for 4 minutes until golden. Do this with all the fries.

### **Step 4:**

Season your fries, pre-heat your oven and start assembling. In a baking dish lay fries, cover with cheese and bake until the cheese is melted. Half way through, add the meat so it warms up and once you take it out of the oven, add sour cream and fresh chives.





# MOZZARELLA STICKS

*with homemade Pomodoro*



**PREP + COOK**  
25 min



**SERVINGS**  
6 to 8



**DIFFICULTY**  
Easy

## INGREDIENTS

- 2 large eggs, beaten
- ¼ cup water
- 1 ½ cups Italian seasoned bread crumbs
- ½ teaspoon garlic salt
- ⅔ cup all-purpose flour
- ⅓ cup cornstarch
- O-Live Everyday Olive Oil
- 1 (16 ounce) package mozzarella cheese sticks
- ¼ cup O-Live Everyday Olive Oil
- ½ small yellow onion diced
- 2 garlic cloves chopped
- 28 oz canned whole peeled tomatoes
- ¼ tsp granulated sugar
- ¼ kosher salt or to taste
- About 5 basil leaves

## INSTRUCTIONS

### **Step 1:**

In a small bowl, whisk water and eggs together. In another bowl, mix bread crumbs and garlic salt. And in a third bowl, Blend flour and cornstarch.

### **Step 2:**

In a pan on medium heat, add ¼ cup O-Live Olive oil, onion and garlic, stir for 5 mins. In a blender purée the tomatoes and add them to the pan. Stir over medium-low heat for about 15 minutes, add sugar, salt and basil. Cook for 5 more minutes and reserve.

### **Step 3:**

In a medium saucepan, start heating up O-Live Olive Oil. Dredge a mozzarella stick in flour, dip into egg mixture, and press into bread crumbs to coat. Repeat with remaining mozzarella sticks.

### **Step 4:**

Once the Oil reaches 350°F, lower 3 to 4 mozzarella sticks. Fry until golden brown, about 30 seconds. Remove from heat and drain on paper towels



# FRIED EMPANADA

*with cheese filling*



**PREP + COOK**  
45 min



**SERVINGS**  
8 people



**DIFFICULTY**  
Medium

## INGREDIENTS

- 2 cups all-purpose flour
- 1 teaspoon kosher salt
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- 1 tablespoon sugar
- 2 tablespoons vegetable shortening, or lard, softened
- ¾ cup milk
- ½ cup water
- 16 oz mozzarella, or other meltable cheese diced (1 oz)
- O-Live Everyday Olive Oil

### O-LIVE PRO TIP

Cheese empanadas are our favorite, but you can fill them with whatever you like! We recommend trying ground beef or adding shrimp to the cheese.

## INSTRUCTIONS

### **Step 1:**

In a large bowl, whisk together the flour, salt, baking powder, baking soda, and sugar. And gently mix in shortening into the flour.

### **Step 2:**

Place milk and water in a saucepan and heat until almost boiling. Stir the liquid into the flour mixture. Add more water if the mixture seems too dry, or add more flour if it is too wet and sticky.

### **Step 3:**

Knead dough gently until well mixed and homogenous. Divide into 16 portions, and roll each piece into a ball. Let it rest for 5 minutes. Roll each ball into a 6- to 7-inch circle. Place one dice of cheese in the center. Fold the dough in half over the cheese, roll the edge inward over itself and press down along edges to seal.

### **Step 4:**

In a skillet heat several inches of O-Live olive oil to 350°F. Fry the empanadas in batches, turning at least once, until golden brown. Drain them over paper towels and enjoy while hot!



**THANK YOU**  
*for downloading*

