

Sunvil Supper Club

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October 2014 - Arancini



Ingredients

(Makes 12 medium sized balls)
800ml chicken or vegetable stock
400g arborio risotto rice
½ tsp salt and pepper (more to season)
Pinch of saffron (generous)
50g parmesan, grated
200g mixture of mozzarella, ham, butter and fresh basil
2 eggs (beaten)
200g plain flour (for a light coating of the rice balls)
400g dried breadcrumbs (white bread works best, with no seeds)
Vegetable oil, to cook
Drizzle of olive oil

Bring the stock to the boil in a pan, then add in the rice, salt, pepper and saffron. Bring back to the boil, then turn down the heat and simmer on a medium heat, stirring occasionally until the stock has been absorbed and the rice is soft and sticky (approx 20 minutes). Stir in the grated parmesan, then leave to cool completely, preferably in the fridge. The rice is easier to manipulate once cooled.

Roll a tablespoonful of rice between your palms to form a ball or shape of your chosen size. Poke a hole in the middle and spoon your filling in, then plug the hole with extra rice. Repeat until all the rice is used up.

Put the flour, beaten egg and breadcrumbs onto three separate plates.

Heat the vegetable oil in a deep pan (about half full), until the breadcrumbs sizzle on contact. As it is heating, roll each ball in the flour to coat lightly, then dip in the egg and finally roll in the bread-crumbs to coat all over evenly.

Cook in batches until golden brown, making sure the oil comes back up to temperature between batches, and drain on kitchen towel.

Serve hot or cold.

Arancini are stuffed rice balls, coated with breadcrumbs and fried. They are said to have originated in Sicily in the 10th century and are now commonly featured on restaurant menus and cooked in homes. There are a number of local variants that differ in fillings from ragù (meat sauce), mushrooms, ham, mozzarella, and/or peas and are often made to use up leftover risotto. They were possibly eaten as a snack or lunch for those working in the fields or on fishing boats, but are now eaten as part of antipasti, or at parties and picnics. The name derives from their shape and colour, which resemble an orange (the Italian word arancina means "little orange"), although in Messina, arancini have a more conical shape.

Find out more about holidays in Sicily - www.sunvil.co.uk/sicily