

Arancini - Suppli' di Riso

Little Oranges - small crisp deep fried rice balls

Ingredients

1 cup long-grain rice
1 small onion
1 stick celery finely chopped
1 small carrot finely chopped
4 tbs. butter
3 cups chicken broth
5 tbs. grated Parmigiano
80 gms finely diced Mozzarella
80 gms finely diced prosciutto
30gms parsley, chopped
4 eggs
breadcrumbs
nutmeg
olive oil
salt
pepper
Flour

Method

In a heavy based pot saute the onion, carrot and celery in the butter until soft and translucent. Then add the rice and fry it until it is sizzling. Then add the hot broth slowly, stirring frequently. The rice should be done in about 20 min. When the rice is ready, mix in half the parmesan, and then spread the rice out in a flat baking tray to cool.

Mix the chopped mozzarella and prosciutto, the rest of the parmesan, the chopped parsley, 1 egg, nutmeg, salt and pepper (If the mixture is a little wet add some more parmesan). With slightly damp hands, take a handful of rice in one hand, and a pinch of stuffing with the other. Push the stuffing into the middle of the rice. Squeeze the rice all around the stuffing and mould it into an egg shape.

When you have used up all the mix, flour the croquettes, dip into beaten eggs, and then roll again in breadcrumbs. Fry the suppli' in very hot oil, once golden and cooked through place on paper towel to drain and serve immediately.

THE
COOKERY

by The Secret Jozi Chef

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