



## INGREDIENTS

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- 2 TBSP of olive oil
- 1 diced sweet onion
- 2 chopped garlic cloves
- 500 grams of minced beef, pork & veal
- 2 cups of frozen peas
- ½ cup of red wine
- 3 ½ cups of passata
- 2 cups of arborio rice
- 3 large eggs
- 2 cups of Parmigiano-Reggiano
- ¼ cup of freshly chopped parsley
- 1 mozzarella cut into cubes
- 2 cups of Italian bread crumbs
- 2 cup of olive oil



## ARANCINI, A SICILIAN DELIGHT

By Caterina Romano's Kitchen

## DIRECTIONS

1. Heat the olive oil in a cast iron pot over medium heat. Add the onion and sauté them for 2-3 minutes. Add the garlic & cook until fragrant.
2. Add the minced meat and breaking it up with a wooden spoon cook until browned.
3. Add the frozen peas, season with sea salt & pepper. Pour in the wine and simmer for 2-3 minutes until the alcohol evaporates.
4. Add the passata and bring to a simmer. Reduce the heat to low, cover and cook stirring occasionally for 2-3 hours until reduced and thick.
5. Allow the sauce to cool and refrigerate overnight.
6. Bring a large saucepan of salted water to boil. Rinse the rice under water & add the rice, stir to combine and simmer until the rice is cooked through, about 20 minutes.
7. Drain the cooked rice well. Allow it to cool. Line a baking sheet with paper towels and spread the rice. Cover with plastic cling and refrigerate overnight.
8. Place the cooled rice in a large glass bowl. Scramble and add the eggs, along with the cheese and parsley and mix well.
9. Using a 1 cup scooper, shape the rice mixture into a ball. Create an indent with your finger in the middle, stuff with one cube of the mozzarella and ½ TSP of the cold meat sauce. Add extra rice and create a lid to cover the filling. Using the palm of your hands, press to form the shape of a pear.
10. Roll in breadcrumbs to coat well and set aside in a baking dish. Repeat until you finished the mixture.
11. Refrigerate for a minimum of 1 hour.
12. In a fryer or frying pan, heat the oil to 375 DF. Gently fry the arancini in batches for 4-5 minutes or until golden brown.

**ENJOY THE ARANCINI**