



## Italian Arancini Risotto Balls

By Dylan Sabuco

**Prep Time** 20 / **Cook Time** 20 / **Serves** 6 - 12

## Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

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

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

## Equipment

- ☐ Medium saucepan + matching lid
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Wooden spoon or spatula
- ☐ Large mixing bowl
- ☐ Oven
- ☐ Muffin pan

## Ingredients

### Italian Arancini Risotto Balls

- ☐ 1 C instant rice, uncooked
- ☐ 1 C vegetable stock
- ☐ 2 pinches salt (divided)

- 1/4 C Parmesan cheese, grated **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free cheese, like Daiya)\*\***
- 1 T vegetable oil + more for greasing pan
- 1 egg **\*\*(for EGG ALLERGY sub flax seed + water—more info below)\*\***
- 1/2 C panko breadcrumbs **\*\*(for GLUTEN ALLERGY sub gluten-free panko crumbs)\*\***

## Food Allergen Substitutions

### Italian Arancini Risotto Balls

**Dairy:** Substitute dairy-free/nut-free cheese (like Daiya) for Parmesan cheese.

**Egg:** Substitute 1 T flax seed + 3 T water for 1 egg. Soak in warm water for 5 minutes or until fully absorbed and thickened.

**Gluten/Wheat:** Substitute gluten-free panko crumbs for breadcrumbs.

## Instructions

### Italian Arancini Risotto Balls

#### combine + simmer

Combine **1 cup rice**, **1 cup vegetable stock**, and **1 pinch of salt** in a medium-sized saucepan. Simmer on medium heat for 5 minutes with the lid on.

#### transfer + add + stir

After five minutes, remove the rice from the saucepan and place it in a large mixing bowl. (Make sure the rice has absorbed all the liquid; if it is wet, the batter will turn into a soup instead of a thick ball.) Add in **1/4 cup Parmesan cheese**, **1 tablespoon oil**, **1 pinch of salt**, and **1 egg** and stir to combine.

#### preheat + grease

Preheat your oven to 350°F and grease a muffin pan.

#### shape + roll

Now the batter is ready to be shaped and rolled in the panko! Using clean hands or a spoon, scoop out roughly 2 tablespoons of batter and roll the batter into a ball. If the rice mixture is falling apart, continue to roll until it begins to stick together. Coat each ball in panko breadcrumbs and set aside.

#### cook + flip

Place 12 uncooked Arancini in the muffin pan and cook for 5 minutes on each side. After 5 minutes the arancini will be starting to brown on the bottom and need to flip to cook evenly. Carefully, using a spoon, turn each Arancini over.

remove + serve

Remove the Arancini from the muffin pan and serve with 15-Minute Tomato Confit (see recipe). Buon Appetito!

## Featured Ingredient: Rice!

Hi! I'm Rice!

"I'm just a little grass seed but loved the world over! I'm Rice! I'm an essential part of the diets of almost every culture! You may have eaten me with Mexican tacos, Korean bibimbap, Indian curries, Mongolian fried rice, Southern Creole gumbo, Filipino adobo, Hawaiian poke, or Japanese sushi, just to name a few!"

### History & Etymology

Rice is a grain or grass, like wheat, millet, or barley. It was first cultivated in China somewhere between 6,000 and 9,000 years ago.

Rice is a seed from a grass species, usually *Oryza sativa* or Asian rice. The other domesticated rice species is *Oryza glaberrima* or African rice. African rice has been grown for 3,000 years and is hardier, more pest-resistant, and nuttier tasting rice than Asian rice.

Rice is a staple food and supplies as much as half of the daily calories for half the world's population. In many countries, they eat rice at every meal. No wonder a few Asian countries value rice so highly that some of their translations of the word "eat" or "meal" also mean "rice."

China consumes the most rice worldwide. Annually, Asians eat over 300 pounds of rice per person, and Americans eat about 26 pounds per person.

Rice is the second-highest worldwide crop produced after maize (corn). However, since maize is mainly grown for purposes other than human consumption, rice is the most important grain for human consumption.

The English word "rice" comes from Middle English which comes from the Old French "ris," from the Italian "riso," and finally, from the Greek "oruza."

### Anatomy

Most types of rice are annual plants, meaning they live only one year. But several types of rice can survive and produce grains for up to 30 years.

Rice is often categorized by its size—either short, medium, or long grain. Short grain, or japonica rice, has the highest starch content and makes the stickiest rice, while the long grain, or indica variety, is lighter and tends to remain separate when cooked.

In addition to japonica and indica, there are two other categories: aromatic and glutinous. Aromatic is a medium to long-grained rice that generally results in a light and fluffy texture. Varieties in this category

include Basmati and Jasmine, which you can find in grocery stores (more about these below). Glutinous rice (also called sticky, sweet, or waxy rice) has very low amylose (starch component) content, making it very sticky when cooked.

Rice is also classified by its milling process. White rice has been milled the most, having had its hull (or husk), bran, and germ layers removed. Brown or whole grain rice has been milled to remove its hull, and rough or paddy rice has not been milled at all and cannot be consumed.

There is an abundance of different kinds of rice—globally, over 120,000 varieties.

Rice cultivation is suited for countries with low labor costs and high rainfall as it is very labor-intensive and needs large amounts of water to grow.

## How to Pick, Buy & Eat

Brown rice is 100 percent whole grain and, therefore, the most nutritional of the many different forms. Brown rice retains the bran and germ because it is not milled as much as white rice, which loses a lot of nutrients in the milling process. However, brown rice takes longer to cook, about 45 minutes, compared to white rice, which takes 15 to 20 minutes.

Aromatic rices, named because they have distinct flavors and aromas (especially while cooking), include Basmati and Jasmine. Basmati is long-grained rice from India. It contains a compound also present in freshly baked bread and pandan spice and has nutty, spicy, and floral flavors. Jasmine rice is long-grained rice from Thailand and Cambodia. It also has the same compound found in Basmati rice and is similar but perhaps adds more of a grassy floral and slightly sweeter fragrance to a meal. Some people describe its flavor as close to popcorn. Jasmine is also stickier.

Arborio is short-grained rice from Italy. Its grains remain firm when cooked and are chewy and creamy. Arborio rice is often used in making risotto and rice pudding because of its creamy texture and starchy taste that goes well with other flavors.

Rice is truly an international food, found in the cuisines of just about every country. It is often served as a side dish but can also be a vital component of main dishes and desserts.

Rice flour is made from finely ground rice. It is a thickening agent that prevents liquids from separating in refrigerated and frozen foods. Rice noodles used in many Asian dishes are made with rice flour, and you can also find it in desserts, like "mochi" and other rice cakes. It is a gluten-free alternative to wheat flour.

## Nutrition

Rice is a complex carbohydrate with very little sodium or fat, and it supplies 20 percent of the world's food energy.

Rice contains several B vitamins and manganese. Brown or whole grain rice is more nutritious than white rice, but white rice is often enriched by adding some B vitamins and iron back in. Brown rice is also high in magnesium, phosphorus, protein, and fiber.

