

Arancini Recipe

Richard Allen, Executive Head Chef, Grand Jersey Hotel & Spa

This recipe serves between 4 and 6 people.

Ingredients

250g Caneroli Risotto Rice
1 large onion, chopped
600mls vegetable stock
100mls medium white wine
1 bay leaf
1 sprig of thyme
1 teaspoon garlic, chopped
2 tablespoons of crème fraiche
1 cup of basil, torn
Salt to taste
Pepper to taste
60 rocket leaves
200g parmesan cheese (100g grated and 100g shaved)
50mls French dressing
40mls olive oil
20g butter
3 eggs, beaten
200g breadcrumbs
200g plain flour

Method

1. Place the bay leaf, thyme and vegetable stock in a pan and bring to the simmer
2. Heat a separate thick based saucepan on a medium heat and add the olive oil
3. Add the onion and garlic and cook until softened without colour
4. Add the risotto rice and stir until each grain becomes translucent and add a pinch of salt
5. Start to add the stock to the rice one ladle at a time until the stock has been soaked up buy the rice each time until you add the next
6. Repeat this until all the stock has gone and the rice is tender but not over cooked
7. Add the wine to the rice and cook for a further 5 minutes
8. Take the rice off the heat and add a little more salt and freshly milled pepper to taste
9. Add the grated parmesan and finally the crème fraiche and basil
10. Place the mixture on a grease proof paper lined tray and chill for two to three hours
11. One chilled, form the rice mixture into golf balls
12. Place each one first into the flour, dust off the excess then into the beaten egg and then into the breadcrumbs
13. Repeat with all of the balls then chill
14. Pre heat a deep fat fryer to 175 degress c
15. Take the balls out of the fridge one hour before frying and then fry them in batches of four until golden brown and then season with salt
16. Serve with rocket and shaved parmesan cheese
17. Last of all drizzle them with the French dressing