



ITALIAN ARANCINI (RICE BALLS)

Makes 12-14

Ingredients

2 Cups GF Chicken Broth or Stock
2 cups water
5 tablespoons butter, melted
2 cloves of garlic, minced
1 cup GF Arborio rice
½ tsp salt + more for sprinkling
¼ tsp pepper + more for sprinkling
1 cup Dairy free Parmesan, grated + ¼ cup (divided)
1 cup GF Panko breadcrumbs
½ cup GF All Purpose flour
1 large egg (for egg wash)

If deep frying:
4-6 cups canola oil

If air frying:
GF cooking spray

Note: If your GF flour does not contain xanthan gum add 1/4 ts

For the filling:

Filling is optional. You can add dairy free cheese shreds to the middle by itself or with precooked seasoned ground beef or GF prosciutto or ham.



Instructions

• **Cook the rice:**

1. In a small saucepan bring the chicken broth and water to a simmer.
2. In a separate medium saucepan melt the butter over medium heat.
3. Reduce heat and let the garlic simmer into it for about 15 seconds.
4. Bring back to medium heat, add the rice and stir it continuously into the butter mixture. Stir about 1-2 minutes. Add the salt and pepper and stir again.
3. Using a ladle transfer 1 cup of the broth/water into the rice. Stir the rice constantly until it has absorbed almost all of the liquid. This may take 5 minutes. Repeat this step as you add in the rest of the broth/water. Mix it in ladle by ladle.
4. Once all the broth/water has been added, Keep stirring and cook another 3-5 minutes until the risotto has thickened. If you find yourself getting impatient you can also remove the risotto from the heat and cover it. Keep it covered until all the liquid has been absorbed into the rice.
5. Make sure the saucepan is removed from heat and add 1 cup of grated dairy free parmesan cheese.
6. Line a baking sheet with parchment paper and spread the risotto onto the baking sheet. Make a thin layer so that it can cook quickly.
7. Let it cool for 30 minutes, then cover it with plastic wrap and place the tray in the refrigerator. Chill for at least 1 hour. (This is a great make ahead tip if you want to split the work. Cook the rice, then let it cool in the refrigerator over night)
8. Prepare filling if using. Line a baking sheet with parchment paper.
9. Place a little more than a tablespoon of rice in the palm of your less dominant hand. Flatten it. Place filling in the middle and cover with another tablespoon of rice. Form a ball with 2 hands.
10. If you are not using filling simply roll the rice into about 2 inch balls. Use lightly oiled hands if rice is too sticky.
11. Freeze the rice balls on the baking sheet for 10 minutes.
12. Add the Panko and remaining $\frac{1}{4}$ cup of parmesan to a blender and blend them together. Create a sandy consistency. Place the mix in a bowl and season with $\frac{1}{2}$ tsp salt and pepper.
8. Place the GF all purpose flour in another small bowl.
9. Make egg wash in another separate small bowl.
10. Dredge rice balls in flour first, coating all sides well. Dip in egg wash, then cover with Panko mix. As you cover the balls with the Panko, gently use a pressing motion to tighten the rice.
11. Place the covered rice balls in the refrigerator as you prepare the oil for frying or air fryer.

For Frying

Place 2 inches of oil in a heavy bottom pot good for frying. Line a wire rack with paper towels. You can also place a baking sheet below it to catch drippings. Heat oil to 350.

Fry rice balls in small batches so they can float freely. Use a slotted spoon to add and remove them to the oil. Fry them 4-6 minutes until golden on all sides. Place them on paper towels/rack to drain excess oil. Repeat. Serve with hot GF Marina sauce.

For Air Fryer

Preheat air fryer according to fryer instructions. Spray each rice ball on all sides with GF cooking spray or use a spray bottle to create a diluted spray of $\frac{3}{4}$ oil to $\frac{1}{4}$ water.

Set fryer to 380 and line basket with a piece of parchment paper. Air fry in batches. Set the timer for 7 minutes, turn them and air fry about another 5 minutes until they are golden in color. Serve with hot GF Marinara sauce.

