

## Arancini Calabrese

Featured recipe for September 2019 in the Delicious Downtown St. Catharines calendar

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- 3 Tbsp olive oil
- 2 shallots, finely chopped
- 120g lean ground beef
- 4 Tbsp tomato sauce
- Salt and Black Pepper to taste
- 120g fresh green peas
- 400g of Arborio Rice
- 4 eggs
- 3 Tbsp grated parmesan cheese
- 60g freshly grated mozzarella cheese
- Breadcrumbs
- Canola Oil for frying

Combine olive oil, shallots and ground beef in a frying pan and cook over medium heat. Once meat is 75% cooked, add tomato sauce, salt and pepper to the beef while continuing to cook over medium heat. Once fully cooked, add fresh peas and remove from heat then transfer to bowl to cool.

In a large pot, bring 700ml of salted water to boil. Add Arborio rice to water. Add more water if necessary while cooking rice. Rice should be slightly over al dente but not overcooked and pasty. Once rice is cooked, spread on baking sheet lined with parchment paper to cool enough to be handled and molded. Boil eggs in a separate pot with water to hard boil. Place hard boiled eggs in cold water to cool. Peel egg and chop into small diced pieces.

The arancini should be the size of a tennis ball. However, you may make the arancini any size you would like; they can be a great dish for tapas or a full size meal.

In one hand mold the arancini in the palm of your hand carving out a small area for the filling . Add the meat filling, and egg. Place more rice over top and form a small ball while keeping the filling inside. Roll arancini in breadcrumbs coating the outside.

Deep fry the arancini in canola oil at 350 degrees submerging the arancini when cooking. Cook to an internal temperature of 140 degrees.

Enjoy your arancini with some tomato sauce and fresh topped mozzarella cheese.