



Affordable Cooking Classes
Corporate Team Building
Private Cooking Events

Italian Cooking – Arancini & Risotto



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Saffron Arancini

Makes 8 large balls

Ingredients

2 tablespoons extra virgin olive oil (*I&P Cru dei Cru*)
1 small red onion, finely chopped
200g Baldo rice
400ml vegetable stock (recipe below)
pinch of saffron threads
½ cup finely grated Parmesan
Fine sea salt and black pepper, to taste

BATTER

70g all-purpose flour
140 ml water
2 eggs
150g unseasoned dried breadcrumbs, plus more for lining
Vegetable oil, for frying

STUFFING

8x1cm mozzarella cubes
100g tomato sauce
Oregano, to sprinkle

Cooking Instructions

1. Combine olive oil and onions in a medium saucepan and cook over medium heat until softened, about 5 minutes. Add the rice and stir to coat with oil. Add stock and as soon as it comes to a boil, stir in the saffron, then cover and reduce the heat to lowest. Let it cook for 15-20 minutes, until the water is absorbed and the rice is tender (remember to stir occasionally). Stir in the Parmesan, and salt and pepper to taste, then spread out into a large plate to cool.
2. Whisk together the flour, water and eggs in a large shallow bowl until the batter is smooth and creamy. Fill another shallow bowl with the breadcrumbs. To assemble the rice balls, wet your hands in cold water and fill the palm of one hand with a spoonful of rice. Cup your hand and make a hole in the middle, pushing the rice to the same thickness all around. Fill the hole with one small piece of mozzarella, a teaspoon of tomato sauce and a light sprinkle of quality oregano. Close your hand, enclosing the stuffing with the rice. The ball should be no bigger than a very small orange.
3. As you make them, roll the arancini in the batter to coat, compacting them with your hands. Then roll them in the breadcrumbs and coat. Place them on a baking sheet sprinkled with breadcrumbs.
4. Heat 2-inches of vegetable oil in a large heavy skillet. Add the Arancini in batches and fry, 3-4 minutes. Drain on a paper towel and serve hot with Arrabbiata and Yogurt dip.

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Arrabbiata Sauce

Serves 4

Ingredients

¼ onion, minced
1 bird's eye chili, deseeded & finely chopped
1 tablespoon extra-virgin olive oil
125g Passata
Salt and pepper, to taste
4-5 leaves fresh basil, roughly chopped

Cooking Instructions

To make Arrabbiata: On medium flame, cook onion, chili and olive oil in a small saucepan until onion is translucent. Add Passata, and salt and pepper to taste. Add chopped basil – stir well to combine. Reduce heat to low, cover and cook for 10-15 minutes. Cool before serving with Arancini.

Yogurt Dip

Serves 4

1 cup Greek-style yogurt, preferably whole milk yogurt (8 ounces/225 grams)
2 tablespoons finely chopped fresh mint leaves
2 tablespoons extra-virgin olive oil
1 tablespoon lime juice, more to taste
1/3 teaspoon salt, more to taste
Black pepper, to taste
1 garlic clove, grated

To make Yogurt Dip: in a medium mixing bowl, whisk together yogurt, mint, oil, lime juice, salt, pepper, and 1-2 tablespoons water. Use a rasp grater to finely grate garlic into the bowl. Stir, taste and adjust salt and lime juice as needed.

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Risotto with Parmesan and Aged Balsamic

Serves 4

Ingredients

STOCK

2L water
2 large carrots
1 large onion
2 celery stalks
6 cherry tomatoes
2 stock cubes, optional

PARMESAN WAFFLE

1 teaspoon butter, per person
4 tablespoons grated parmesan, per person

RISOTTO

1 medium onion, finely chopped
2-3 tablespoons Extra virgin olive oil
320g Carnaroli rice
320ml dry white wine
Salt, to taste
Extra virgin olive oil, to taste for creaming
1 packed cup grated parmesan
Aged balsamic vinegar, to taste

Note: You will need about 250g parmesan for this recipe

Cooking Instructions

STOCK (60 min)

Put the vegetables in a pot filled with 2L cold water. Bring to the boil, reduce heat to low-medium, cover partially, and cook for about one hour. If you want to get it ready in half time, add 2 stock cubes. Strain and use hot stock in recipe below.

Parmesan waffle

Heat a teaspoon of butter in a non-stick pan on medium flame. Once melted, add grated parmesan, shaped in a circle and cook for about 90 seconds (when the parmesan is melted and bubbly, it is ready). Switch off the fire and put the pan in safe place to cool down for a couple of minutes. With a spoon, carefully lift the waffle and put it at the bottom of a small cup to shape it like a basket.

Preparation of the Soffritto

Place onion and olive oil in a medium saucepan and cook for a few minutes until lightly golden brown.

Toasting (2 minutes)

Once the onions are golden brown, add the rice bringing it to temperature (about 2 min), coating the rice well in oil. Add white wine and cook until completely evaporated.

Cooking Rice (14 minutes)

Reduce heat to low, start cooking the rice by adding hot broth, a ladleful at a time, without immersing it completely. In this first step, it is very important not to overdo the amount of broth to preserve the structure of the grain, cooking it without boiling it. If you like it al dente you will have to cook it for about 14 minutes.

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Creaming

At the end of cooking, turn off the heat and add the Parmesan cheese, continuing to mix it for 2 minutes. Finally add a light drizzle of quality extra-virgin olive oil and stir. Serve immediately with a light drizzle of balsamic and topped with crispy parmesan waffle.

NOTE: When it comes to the amount of liquid per portion, a good rule of thumb with risotto is a ratio of 3:1. That would be **3 cups liquid for 1 cup of rice.**

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Links for specialty ingredients

Olive oil; <https://www.clessidra.com.sg/shop/ip-cru-dei-cru-500ml/> for stir frying
and <https://www.clessidra.com.sg/shop/ip-gran-cru-capo-terzo-2020-harvest-250ml/> for dressing

Tomato for arancini: <https://www.clessidra.com.sg/shop/perche-ci-credo-homemade-red-sauce-olives-capers-330gr-pre-order/>

Passata/tomato sauce: <https://www.clessidra.com.sg/shop/perche-ci-credo-passata-del-salento-n-1-330ml-2/> and <https://www.clessidra.com.sg/shop/pietrasanta-organic-fiaschetto-pulped-tomatoes-500gr/> and <https://www.clessidra.com.sg/shop/perche-ci-credo-tomato-basil-sauce-180gr/>

Oregano: <https://www.clessidra.com.sg/shop/kazzen-oregano-pantelleria-20gr/>

Rice: <https://www.clessidra.com.sg/shop/riso-magno-baldo-rice-500gr/> and <https://www.clessidra.com.sg/shop/riso-magno-baldo-rice-100gre/> | <https://www.clessidra.com.sg/shop/riso-magno-carnaroli-rice-100gr/> and <https://www.clessidra.com.sg/shop/riso-magno-carnaroli-rice-500gr/>

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