

# Rice balls

Cuisine: Italian

Food category: Pork



Author: Jaroslav Mikoška  
Company: Retigo



## Program steps

Preheating: 195 °C

1 Golden touch

180 °C 100 %

## Ingredients - number of portions - 8

Name	Value	Unit
saffron, scar	0.125	g
butter soft	30	g
onion	1	pcs
carnaroli rice	500	g
salt	5	g
vegetable broth	1.2	l
parmesan cheese	100	g
plain flour 00	200	g
water	300	ml
breadcrumbs	500	g
freshly ground black pepper, ground	1	g
onion	1	pcs
butter soft	25	g
minced pork	100	g
extra virgin olive oil	10	ml
tomato puree	200	ml
dry red wine	50	ml
frozen peas	80	g
caciocavallo cheese	50	g

## Nutrition and allergens

Allergens: 1, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

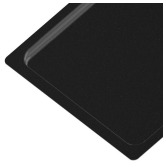
Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	717.8 kJ
Carbohydrate	125.5 g
Fat	13.7 g
Protein	23 g
Water	0 g

## Directions

- In a thick-based pot, toast the rice in butter, saffron and small onion over high heat, adding the stock little by little until the rice has cooked.
- Remove from the heat, add the grated cheese, stir and allow to cool until it has reached room temperature.
- Start the sauce meanwhile. In a thick-based saucepan, brown the mince in butter over high heat and remove the meat.
- Using the same pan, soften the onion in evoo over medium heat, stirring well with a wooden spoon. Crank up the heat and deglaze with red wine until all the alcohol has evaporated .
- Add the tomato purée and season.
- Simmer on low heat for 20 minutes, making sure the sauce is nice and thick
- Remove from heat, add the peas and cover with a lid.
- Dice the fresh caciocavallo.
- Once the rice has cooled down, use latex gloves to take a handful of it each time, pressing with a spoon towards the centre of the rice ball to make space for the sauce filling and a cube of cheese.
- With your hands, shape the rice in patties containing the sauce filling at the centre.
- Start the batter by salting the flour and adding a little water at a time while stirring with a maryse.
- Dip the arancini one by one into the batter and bread.
- Set the oven on dry heat at 180°C using Golden Touch function.
- Bake for 15 minutes or until golden.

## Recommended accessories



Vision Bake