

Arancini



Frank – 4 Guys and a Tomato

Event: Bainbridge Island Spouses and Guests, August 16, 2025

Inspired by: Various online recipes

This recipe makes Sicilian Arancini balls, perfect for special occasions. Panko is used to create a more crispier texture and is processed in the food processor to make it smaller like breadcrumbs. My inspiration consisted of 2 things. First when searching for “Fancy Italian appetizers”, a list of them came up. As I looked at the Arancini, it captivated me because it looked very elegant and infinite types of fillings can be used but what finally made me pick this was the name. “Aran”cini, hey, this sounds like the tomato, “Aaron”cini.

Perhaps, I should’ve named this dish Aaroncini, lol

Ingredients: (makes 17, depending on desired size)

Rice:

500 grams Arborio rice, 17oz

1/2 Onion, chopped

3/4 cup Parmigiano Reggiano

2 oz. butter

1 L chicken stock

2 oz butter, for cooked rice

Extra virgin olive oil

Filling:

500 grams Ground beef, 17oz

100 grams Peas, 3.5oz

120 grams Tomato paste, 4oz

1 Carrot, chopped



1 Celery stick, chopped

½ Onion, chopped

Fresh basil

Fresh mozzarella

Shredded dry mozzarella

5 tbsp extra virgin olive oil

Salt & pepper

Sicilian Arancini Coating:

Bread crumbs

2 Eggs, Beaten

Directions:

The rice:

Start this Sicilian arancini recipe by adding five tablespoons of extra virgin olive oil into a large pot on medium heat with chopped onion. Stir constantly until the onion is golden brown (about seven minutes).

Once browned, add the vegetable stock, 2oz. of butter, and one tablespoon of tomato paste and bring this to a boil.

Next, add the rice, stir quickly, then cover with the lid. Cook the rice until the water absorbs, making sure to stir occasionally. About 18 min, then let it sit for 2 min

When the rice is ready, add in another portion of butter (2 tbsp.), stirring until it melts.

Now spread the hot rice straight onto your chilled tray reaching right into the edges using a wooden spoon – and top with ¾ cup parmesan cheese.

Let the rice rest for about one hour so it can cool and the cheese will melt into it.

Arancini filling:

Place a large pan on the stove at a medium heat , then add a generous amount of EVOO and the celery, onions, carrot.

Cook this soffrito for about 10 minutes, stirring constantly.

Then, add the Italian sausage until it is browned.

Add the peas, tomato paste, a splash of water (1 tbsp.) Keep stirring until everything is combined. Then drop the heat to a lower temperature and let this simmer for about 17minutes.

Add basil (torn by hand) and let it sit for 2 minutes.

Stir the mixture and add water as needed, so the arancini filling does not dry out—season with salt and freshly ground pepper and

Transfer the cooked meat mixture to a large bowl to cool down in the fridge for one hour.

How to assemble this Arancini recipe:

Slice the fresh mozzarella into small cubes.

Take your chilled rice and form a pocket in the palm of your hand; add a generous amount of meat and cheese “filling” into the middle.

Add another scoop of rice and form into a ball by pressing to get the moisture out.

Place your formed Sicilian rice balls on a baking tray lined with baking paper.

Beat eggs in a bowl, then use it to coat the arancini balls with before finishing them off with breadcrumbs.

Set these aside on a tray lined with baking paper. Repeat until you have coated each rice ball.

Bring oil to 350°F in a pot on your stove, then add a few rice balls in at a time (depending on the size of your pot), making sure they have enough room.

Fry each ball for about 5-7 minutes, or until they are golden brown and the cheese inside has melted.