

# *Artichoke & Cheese Arancini Balls*

R & J Mazza  
GLOBE ARTICHOKEs



## **Ingredients**

- 1 tablespoon olive oil
- 20g unsalted butter
- ½ brown onion, chopped
- 1 clove garlic, finely chopped
- Small pinch saffron
  
- 1 cup Arborio rice
- 2 cups salt-reduced chicken stock
- 1/3 cup dry white wine,
- ½ cup parmesan cheese, grated
  
- 100g artichoke hearts, chopped
- 100g mozzarella cheese, grated
- 1 tablespoon parsley, chopped
  
- Olive oil, for deep frying
- ½ cup plain flour
- 2 eggs
- 1 tablespoon milk
- 1 cup panko breadcrumbs



## **Method**

1. Place stock in saucepan and bring to the boil. Reduce heat to keep warm.
2. Melt butter in saucepan and add oil and onion. Sauté until onion is almost cooked. Add garlic and saffron. Cook for a further minute. Add rice and coat well, stir until rice is hot.
3. Add wine and enough chicken/vegetable stock to cover rice. Bring to boil and then reduce heat and simmer. Stir occasionally to avoid rice sticking to pan. Continue adding stock to rice as needed once absorbed.
4. When rice is cooked, add parmesan cheese and salt & pepper. Mix well and remove from heat. Place in a tray and refrigerate until cool.
5. Place flour in a bowl, beat eggs and milk in another bowl and place breadcrumbs in a third bowl.
6. Mix artichoke hearts, mozzarella cheese and parsley in a bowl. Wet your hands and place 2 tablespoons of rice in the palm of your hand and flatten. Place a teaspoon of filling in the centre and work the rice into a ball around the filling.
7. Roll in flour, then place in the egg and then in the breadcrumbs. Place the rice balls in the fridge for 1/2 hour.
8. Heat the oil and deep fry. Once golden, remove and place on absorbent paper. Serve while warm.

## **Makes 12**



*Artichoke ... the King of Vegetables*