

DINNER

Arancini III

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
135 min	25 min	50 min	9	\$3.42	810 kcal



The recipe Arancini III can be made in approximately 2 hours and 15 minutes. This recipe serves 9. One serving contains 1049 calories, 28g of protein, and 44g of fat. For \$3.42 per serving, this recipe covers 21% of your daily requirements of vitamins and minerals.

Ingredients

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| ☐ 3 cups Arborio rice | ☐ 2 cups plain dried bread crumbs |
| ☐ 2 tablespoons butter | ☐ 1 pound fontina cheese, cubed |
| ☐ 1 tablespoon chopped fresh thyme | ☐ 1 quart olive oil for frying |
| ☐ 1 cup grated Parmesan cheese | ☐ 1 pinch saffron threads, crushed |
| ☐ 1 small white onion, chopped | ☐ 1 cup white wine |

EQUIPMENT Bowl, Frying pan, Baking sheet, Sauce pan, Deep fryer

Method

- 1 Place the wine and saffron in a cup or small bowl. Stir briefly, then let it sit. Melt the butter in a large skillet over medium heat.
- 2 Add the onion; cook and stir until transparent, about 3 minutes.
- 3 Mix in the rice, and continue cooking and stirring until the rice has absorbed most of the butter.
- 4 Slowly stir the white wine and saffron into the rice, stirring continuously until the wine is absorbed and rice is creamy. Season with thyme, then pour in 1 cup of chicken broth at a time, cooking and stirring constantly until each cup of broth is absorbed before adding the next. Stop adding broth when the rice is tender. If you run out of broth, you may use water.
- 5 Remove from the heat, stir in the Parmesan cheese and allow to cool until you can touch it without burning your hands.
- 6 Lightly grease a large cookie sheet with olive oil.
- 7 Pour the risotto out onto the sheet and spread evenly.
- 8 Place in the refrigerator for about 1 hour or until chilled.
- 9 When the rice is cool, roll small portions into balls about the size of golf balls. Tuck a cube of fontina cheese into the center of each one.
- 10 Roll each ball in bread crumbs to coat.
- 11 Heat the olive oil in a heavy saucepan or deep fryer to 375 degrees F 190 degrees C). The oil should be about 3 inches deep. When the oil is hot, fry the arancini until they reach a golden orangish brown, about 3 minutes. Arancini literally means 'little oranges'. Cool for 5 minutes, then serve with any marinara sauce.

Nutrition per serving

810 KCAL	24 g PROTEIN	44 g FAT	74 g CARBS
Saturated Fat			16.3 g · 102% of daily needs
Fibre			3.2 g · 13% of daily needs
Sugar			2.9 g · 3% of daily needs
Sodium			796 mg · 35% of daily needs
Cholesterol			74.8 mg · 25% of daily needs
Vitamin C			1.8 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/arancini-iii-148304](https://www.whatsheate.com/arancini-iii-148304)