



Citrus Arancine with Pecorino Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 ounces arborio rice
- ☐ 3 cups breadcrumbs made from bread fresh french crustless (Japanese breadcrumbs)
- ☐ 2 tablespoons butter ()
- ☐ 0.8 cup cooking wine dry white
- ☐ 3 large eggs
- ☐ 1 teaspoon fennel seeds freshly ground
- ☐ 0.8 teaspoon lemon zest finely grated
- ☐ 0.5 teaspoon lime zest finely grated

- ☐ 4.5 cups low-salt chicken broth divided
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon orange peel finely grated
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shallots finely chopped (2 large)
- ☐ 6 cups vegetable oil for deepfrying (;)
- ☐ 0.3 cup milk whole

Equipment

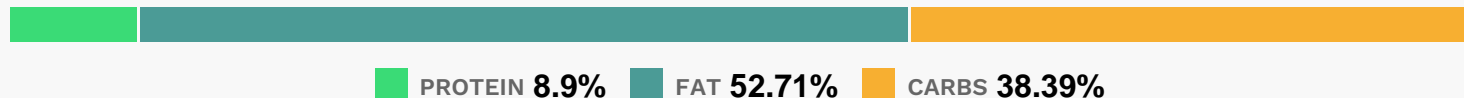
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Melt butter with oil in heavy large pot overmedium heat.
- ☐ Add shallots and sauté untilsoft, about 4 minutes.
- ☐ Add rice, sprinklewith 1 teaspoon salt, and stir until ricestarts to become translucent, 3 to 4 minutes.
- ☐ Add wine and cook until absorbed, stirringoften, about 3 minutes.
- ☐ Add 1/2 cup brothand simmer, stirring often, until absorbed,about 3 minutes. Continue to add broth,1/2 cup at a time, until risotto is creamy andrice is tender, stirring often and allowingbroth to be absorbed each time beforeadding more, about 25 minutes total.
- ☐ Remove risotto from heat.
- ☐ Mix in fennelpollen and all citrus peels. Season withpepper and more salt, if desired.
- ☐ Spreadrisotto out on large rimmed baking sheetand cool completely, about 1 hour.

- ☐ Place cheese in small bowl. Beat eggs and milk in medium bowl.
- ☐ Place panko in another medium bowl. Using wet hands, shape 1 heaping tablespoonful risotto into ball; enclose 1 cheese cube in rice. Dip riceball into egg mixture, then into crumbs to coat.
- ☐ Place on clean rimmed baking sheet. Repeat with remaining risotto, cheese, and coating. Cover with plastic wrap and chill on sheet at least 6 hours and up to 1 day.
- ☐ Preheat oven to 300°F.
- ☐ Place larger rimmed baking sheet in oven.
- ☐ Pour enough oil into heavy large saucepan to reach depth of 1 1/2 inches. Attach deep-fry thermometer to side of pan.
- ☐ Heat oil over medium-high heat to 340°F to 350°F.
- ☐ Add 4 to 5 arancini at a time; fry until golden brown and crisp, adjusting heat to maintain temperature, about 5 minutes.
- ☐ Transfer to baking sheet in oven to keep warm.
- ☐ Mound arancini on platter.
- ☐ Garnish with citrus wedges, if desired, and serve hot.
- ☐ * A spice extracted from wild fennel plants; available at specialty foods stores and from zingermans.com.
- ☐ ** Available in the Asian foods section of some supermarkets and at Asian markets.
- ☐ This recipe calls for
- ☐ Brinata or Etorki cheese. Brinata is a specific kind of pecorino fresco, a fresh sheep's-milk cheese that is milder in taste and softer than Pecorino Toscano or Pecorino Romano. Look for pecorino fresco at your local cheese shop or buy it online from murrayscheese.com. Etorki is a sheep's-milk cheese from the Basque region of France. It has a soft texture and a sweet, delicate flavor. Etorki is available at cheese shops and online from igourmet.com.

Nutrition Facts



Properties

Glycemic Index: 10.19, Glycemic Load: 12.18, Inflammation Score: -3, Nutrition Score: 6.9413042638613%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 212.8kcal (10.64%), Fat: 12.3g (18.92%), Saturated Fat: 2.38g (14.84%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 18.78g (6.83%), Sugar: 1.89g (2.1%), Cholesterol: 20.85mg (6.95%), Sodium: 214.87mg (9.34%), Alcohol: 0.62g (100%), Alcohol %: 0.6% (100%), Protein: 4.67g (9.35%), Manganese: 0.66mg (32.84%), Vitamin K: 17.9µg (17.05%), Selenium: 9.88µg (14.11%), Folate: 45.75µg (11.44%), Vitamin B3: 2.22mg (11.11%), Vitamin B1: 0.16mg (10.44%), Iron: 1.5mg (8.32%), Phosphorus: 66.09mg (6.61%), Vitamin E: 0.97mg (6.47%), Vitamin B2: 0.1mg (6.03%), Fiber: 1.38g (5.51%), Vitamin B5: 0.42mg (4.16%), Copper: 0.08mg (4.05%), Calcium: 39.84mg (3.98%), Magnesium: 14.8mg (3.7%), Vitamin B6: 0.07mg (3.63%), Zinc: 0.49mg (3.23%), Potassium: 100mg (2.86%), Vitamin B12: 0.09µg (1.54%), Vitamin A: 54.66IU (1.09%)