



Fried Rice Snacks (Arancine con Ragu)

READY IN



45 min.

SERVINGS



8

CALORIES



664 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups arborio rice
- 0.5 pound beef chuck cut into chunks
- 0.5 cup bread crumbs
- 3 cups chicken stock see
- 1 pinch chili flakes hot
- 2 eggs separated plus more yolks
- 0.3 cup flour
- 1 bunch basil fresh
- 0.5 pound sausages sweet italian

- 2 tablespoons plus 1 cup olive oil extra-virgin
- 4 tablespoons olive oil extra-virgin
- 1 onion finely chopped
- 1 cup pecorino freshly grated
- 1 onion red chopped
- 0.8 cup red wine
- 1 pinch saffron threads
- 1 teaspoon salt
- 56 ounce san marzano tomatoes and juices peeled canned
- 0.5 pound veal cut into chunks

Equipment

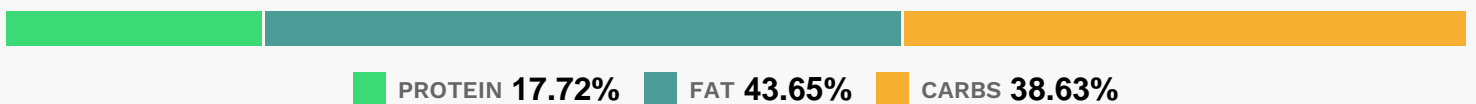
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- dutch oven

Directions

- In a 4 to 6 quart saucepan, heat 2 tablespoons olive oil until just smoking.
- Add half the chopped red onion and saffron and cook until softened, about 7 to 9 minutes.
- Add rice and chicken stock and bring to boil, uncovered. Cook until the liquid is absorbed and rice is tender, about 25 minutes.
- Spread the rice out to cool on a large cookie sheet, about 1/4-inch to 1/2-inch thick.
- When the rice is cool, place it in a bowl and mix in the pecorino, 2 eggs, and 2 yolks and set aside.
- In a 10 to 12-inch saute pan, cook the remaining chopped onion in 2 tablespoons olive oil until light golden brown, about 10 minutes.

- Add ragu and basil and cook 5 to 7 minutes, until reduced by one third and quite thick. Set aside and allow to cool.
- Place the dusting flour, egg whites and bread crumbs in separate shallow bowls and lightly beat the egg whites. To form the arancine, place 3 tablespoons of the rice mixture in palm of hand and make an indentation with the back of a spoon. Spoon 2 tablespoons of the ragu mixture into the indentation and form an open bowl out of the rice in your hand. Cover the filled portion with another tablespoon of the rice mixture and, using both hands, shape the rice into a ball. Continue with the remaining rice mixture and stuffing until done.
- In a large, heavy-bottomed skillet, heat the remaining 1 cup of oil until almost smoking. While the oil heats, dust the rice balls in the flour, then the egg whites, then the bread crumbs and cook in the oil until golden brown all over.
- Remove to a plate lined with paper towels and serve with the remaining ragu.
- In a large pasta pot or Dutch oven, combine the veal, beef, onion and oil over high heat and cook until meat is seared on all sides and meat juices have evaporated, 10 to 12 minutes.
- Add the wine and cook, stirring constantly, until wine evaporates and meat is darker brown, about 5 minutes.
- Stir in the tomatoes, sausage, salt and chili flakes. Reduce heat to simmer and cook 2 1/2 to 3 hours, stirring occasionally and skimming fat as necessary.
- Remove from heat and remove sausage from ragu, chop and return to ragu. Adjust seasoning with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:57.38, Glycemic Load:36.33, Inflammation Score:-9, Nutrition Score:29.077391437862%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 3.11mg, Malvidin: 3.11mg, Malvidin: 3.11mg, Malvidin: 3.11mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg

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Nutrients (% of daily need)

Calories: 664.04kcal (33.2%), Fat: 31.28g (48.13%), Saturated Fat: 9.95g (62.17%), Carbohydrates: 62.3g (20.77%), Net Carbohydrates: 57.62g (20.95%), Sugar: 8.5g (9.44%), Cholesterol: 128.65mg (42.88%), Sodium: 887.36mg (38.58%), Alcohol: 2.38g (100%), Alcohol %: 0.59% (100%), Protein: 28.57g (57.15%), Vitamin B3: 9.71mg (48.56%), Vitamin B1: 0.71mg (47.5%), Manganese: 0.94mg (47.25%), Folate: 184.53µg (46.13%), Selenium: 32.24µg (46.06%), Phosphorus: 412.48mg (41.25%), Vitamin A: 1833.7IU (36.67%), Vitamin C: 30.15mg (36.55%), Vitamin B6: 0.69mg (34.65%), Zinc: 5.16mg (34.39%), Vitamin B12: 1.66µg (27.72%), Iron: 4.98mg (27.68%), Potassium: 963.22mg (27.52%), Vitamin K: 27.73µg (26.41%), Vitamin B2: 0.44mg (25.61%), Calcium: 200.19mg (20.02%), Copper: 0.39mg (19.45%), Vitamin E: 2.91mg (19.39%), Fiber: 4.68g (18.71%), Vitamin B5: 1.79mg (17.95%), Magnesium: 68.33mg (17.08%), Vitamin D: 0.33µg (2.23%)