

STARTER & SNACK

Rice Fritters: Crespelle di Riso

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
810 min	45 min	765 min	48	\$0.27	77 kcal

Rice Fritters: Crespelle di Riso might be a good recipe to expand your hor d'oeuvre repertoire. This recipe serves 48. Watching your figure? This lacto ovo vegetarian recipe has 77 calories, 1g of protein, and 3g of fat per serving.

Ingredients

☐ 1 teaspoon cinnamon	☐ 1/3 cup all-purpose flour
☐ ¼ pound fresh ricotta cheese	☐ 2/3 cup honey
☐ 48 servings Extra-virgin olive oil, for frying	☐ 1 large pieces Peel of 1 orange, in
☐ 48 servings Salt	☐ 1½ cups short-grain Italian pudding rice
☐ ¼ cup superfine sugar	☐ 2½ cups water
☐ 1½ cups whole milk	

EQUIPMENT Bowl, Paper towels, Sauce pan, Pot, Wooden spoon, Spatula, Cutting board

Method

- 1 Place the rice, milk, 2-1/2 cups of water, a pinch of salt, and the orange zest in a 10- to 12-inch saucepan. Bring to a boil over high heat, and then turn the heat to low, stirring constantly. Cook until the rice is soft and has absorbed all the liquid, about 20 minutes.
- 2 Place the cooked rice on a serving platter and let it stand overnight or for at least 8 hours.
- 3 The next day, remove the pieces of orange peel from the rice.

- 4 Place the rice, the ricotta, and the flour in a large bowl, and stir to combine well. Keep stirring until you have formed a well-blended, firm paste.
- 5 Using a wooden spoon or spatula, spread the rice out on a flat plate or a wooden cutting board that you can keep at hand while you fry. The rice should be spread in a layer that is about 1/4-inch thick.
- 6 Cut the rice into strips about 2-inches long and 1/2-inch wide.
- 7 Fill a deep pot no more than halfway with extra-virgin olive oil.
- 8 Heat oil over medium-high heat until it reaches a temperature of 350 degrees. The oil should remain at or around this temperature throughout the cooking process. Working in small batches of 6, carefully lift the slices of rice paste and lay them in the hot oil. In order to for the slices to remain intact, use a flat, slotted spatula to lift and transfer the slices. Fry the crespelle until golden brown. Use the same slotted spatula to remove the finished fritters to a plate lined with paper towels.
- 9 Drain on paper towels as they cook. Continue this process until all the fritters are cooked. Allow the fritters to cool slightly.
- 10 In the meantime, heat the honey and the remaining water in a small saucepan over medium heat. Dip each fritter in the warm honey, remove, and place on a serving platter.
- 11 Sprinkle the dipped fritters with sugar and cinnamon and serve warm.

Nutrition per serving

77	1 g	3 g	11 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.7 g · 5% of daily needs
Sugar			5.3 g · 6% of daily needs
Sodium			200 mg · 9% of daily needs
Cholesterol			2.1 mg · 1% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/recipe/rice-fritters-crespelle-di-riso-147955](https://www.whatsheate.com/recipe/rice-fritters-crespelle-di-riso-147955)