

İtalyan Usulü Arancini

Sicilya usulü crispy dış kaplaması ve kremalı et dolgulu İtalyan arancini pirinç topları. Ev yapımı tarif, adım adım rehber ve ipuçları.

60

HAZIRLIK DK

45

PIRİRME DK

105

TOPLAM DK

6

PORSİYON

Medium

ZORLUK

İtalyan Usulü Arancini

Malzemeler

- 1 cup rice
- 1 tsp saffron
- 2 cup water
- 2 tbsp parmesan cheese
- 2 tbsp unsalted butter
- 1 tbsp olive oil
- 1 cup onion
- 1 cup carrot
- 1 cup celery
- 3 oz ground beef
- 2 tbsp dry red wine
- 2 tsp tomato paste
- 1 cup tomato
- 1 cup green bean
- 1 cup flour
- 2 egg
- 2 cup breadcrumb
- 4 tbsp sunflower oil
- 1 cup mozzarella cheese
- 1 pinch sea salt
- 1 pinch black pepper

Yapılışı

1 Make the risotto base

Bring 2 cups water to a boil in a large saucepan over medium-high heat. Add 1 cup rice and 1 teaspoon saffron, then reduce heat to low and cover. Simmer for 15-18 minutes until all water is absorbed and rice is tender.

- #### 2
- Remove from heat and stir in 3 oz grated parmesan cheese, 2 tablespoons butter, and season with salt and pepper. Spread the rice mixture on a large plate and let cool to room temperature, about 30 minutes.

- 3 **Prepare the meat filling**

Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add 1 cup diced onion and cook for 3-4 minutes until softened and translucent.
- 4 Add 1 tablespoon tomato paste and cook for 1 minute until fragrant. Add 1 cup ground meat and cook for 5-7 minutes, breaking it up with a spoon until browned and no pink remains.
- 5 Add 2 tablespoons red wine and cook for 1 minute until the alcohol smell reduces. Stir in 1 cup tomato puree and 2 teaspoons herbs, then reduce heat to medium-low.
- 6 Simmer the mixture for 15-20 minutes, stirring occasionally, until the sauce thickens and reduces. Remove from heat and let cool completely.
- 7 **Form the arancini**

Take about 2 tablespoons of cooled rice in your palm and shape it into a small bowl using your fingers. Place 1 teaspoon of the meat filling in the center.
- 8 Gently close the rice around the filling and roll between your palms to form a smooth ball about 2 inches in diameter. Repeat with remaining rice and filling to make about 16-18 balls.
- 9 **Bread the arancini**

Whisk together 1 cup flour, 2 eggs, 4 tablespoons water, 1 pinch salt, and 1 pinch pepper in a shallow bowl until smooth. Place 1 cup breadcrumbs in a separate shallow dish.
- 10 Dip each rice ball into the flour mixture, letting excess drip off, then roll in breadcrumbs until completely coated. Place on a baking sheet and refrigerate for 20 minutes to firm up.
- 11 **Fry the arancini**

Heat 2 cups vegetable oil in a large, heavy pot to 350°F (175°C). Carefully add 3-4 arancini at a time and fry for 3-4 minutes until golden brown and crispy all over.
- 12 Transfer fried arancini to a paper towel-lined plate to drain. Repeat with remaining balls, allowing oil to return to 350°F (175°C) between batches. Serve immediately while hot and crispy.

puçlar?

En iyi sonuç için arborio, carnaroli veya vialone nano gibi k?sa taneli ?talyan pirinci kullan?n. Bu pirinç çe?itleri daha fazla ni?asta içerir ve arancini'nin bir arada kalmas?n? sa?lar.

Pirinç ve dolgu tamamen so?uduktan sonra ?ekillendirmeye ba?lay?n. S?cak malzemelerle çal??mak hem zor hem de güvenli de?ildir.

Arancini'yi ?ekillendirirken ellerinizi hafif nemli tutun. Bu, pirincin ellerinize yap??mas?n? önler ve daha düzgün toplar elde etmenizi sa?lar.

K?zartma ya??n?n s?cakl??n? termometre ile kontrol edin. 180°C ideal s?cakl?kt?r. Çok s?cak ya? d??n? yakar, çok so?uk ya? ise arancini'nin çok fazla ya? emmesine neden olur.

Paneli arancini'leri k?zartmadan önce 20-30 dakika buzdolab?nda dinlendirin. Bu, ?ekillerinin korunmas?na ve daha iyi sonuç al?nmas?na yard?mc? olur.

Ayn? anda çok fazla arancini k?zartmay?n. Bu, ya??n s?cakl??n? dü?ürür ve e?it pi?meyi engeller. 2-3 adet gruplar halinde pi?irin.

Mozzarella peynirini çok büyük parçalar halinde koymay?n. Küçük küpler halinde kesin, aksi takdirde eritti?inde d??ar? ta?abilir.

Daha sa?l?kl? bir seçenek için air fryer'da 180°C'de 12-15 dakika pi?irebilirsiniz. Üzerlerini hafif ya? spreyi ile püskürterek ç?t?rl?k sa?lay?n.

