

Sicilian arancini , roasted eggplant and tomato sauce

Recipe for 12 tapas

Description

A tasty parmesan, peas and ham rice ball.

Note

It's best with risotto leftovers!

Ingredients

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- 1 Unit(s) Onion
- 250 Ml Arborio rice
- 150 Ml White wine
- 750 Ml Chicken stock
- 50 Gr Parmesan
- 75 Gr Frozen green peas
- 75 Gr Ham-style smoked pork shoulder

- Salt and pepper
- Olive oil

Breading

- 3 Unit(s) Egg
- 1 Cup(s) Flour
- 2 Cup(s) Japanese breadcrumbs (panko)

- Salt and pepper
- Olive oil

Sauce

- 400 Ml Diced tomatoes
- 250 Gr Eggplant
- 1 Unit(s) Onion
- 1 Sprig(s) Sage

- Salt and pepper
- Olive oil

Preparation

- Preparation time **60 mins**
- Preheat your **deep frier** at **375 F°**
- Resting time **10 mins**

Preperation

Chop the onions.

Cut the ham into small cubes.

Grate the parmesan.

Chop the sage.

Peel and dice the eggplant.

Risotto

Sweat the onions and the ham with olive oil in a pot. Add the rice and cook for 1 minute. Add the white wine and let evaporate. While mixing non stop with a wooden spoon, add the broth one ladle at a time until the rice is cooked (about 20 minutes). Add the peas and the parmesan cheese.

Let the rice cool down in the fridge.

Breading

Make some rice balls with the risotto.

Roll them in the flour, then in the eggs then in the breadcrumbs.

Put in the fryer for few minutes until they are nice and golden brown.

Sauce

Start by sweating the onion in a drizzle of olive oil.

Add the eggplant and sage, continue cooking while mixing.

Add the diced tomatoes and simmer for 10 minutes.

Mix everything with the help of a hand blender and season with salt and pepper.

Bon appétit!