

heute gibt es...

Ragu fried rice balls



Ingredients(20-25 pieces)

For the rice:

- 200g Butter
- 2l vegetable broth
- 0, 2g Saffron
- 25g salt
- 1kg rice (risotto rice and short-grain rice)

For the filling:

- 500g minced (mixed)
- 1 tbs. olive oil
- 1 small onion
- 1 Selleriestange
- 1 carrot
- 200g frozen peas
- 100ml red wine
- 700ml tomato puree
- Salt
- 250g Mozzarella

For the coating:

- 150g flour
- about 225ml water
- it. 200g Paniermehl
- Frittieröl

Preparation:

Trip:

1. In a saucepan, bring the butter to melt and then add the vegetable stock, salt and saffron.
2. Once the vegetable broth is cooking, fill in the rice and cook over low heat stirring regularly until the liquid is completely absorbed and the rice is cooked.
3. Leave to cool the rice then. For this most evenly on a large board or platter.

Filling:

1. The ground beef fry, skim off the fat and set aside the pot first.
2. Meanwhile, clean the vegetables, dice and fry in olive oil until everything is cooked.
3. Then add the meat to the vegetables, briefly heat and deglaze with wine.
4. After the liquid has evaporated that happened add tomatoes, a little salt and cook the meat sauce over low heat until the sauce has thickened properly. Again at the end add salt to taste.

Forms and completion:

1. When the rice and the filling are completely cooled, the Arancini can be formed. enter the requested some rice in the curved palm and flatten, as add a tablespoon of filling and two dice mozzarella and seal everything with some rice. Using your hands to Arancino into a ball (about the size of a small orange) molds and set aside.
2. Mix the flour with the water for the batter with a whisk in a bowl (to a thick, lumpy-free mass "Batter") Stir.
3. Evenly now with his hands the thing Pastella the rice balls and then roll them in bread crumbs, so that a well-proportioned batter is formed.
4. Fry until golden brown, put on a laid-out with paper plates and enjoy hot: Finally, the arancini in the deep fryer (170 ° C temperature oil).

Important tips and information:

- Both the rice, and the filling can be prepared in advance and processed until the next morning in the evening.
- So that the rice does not stick to the hands in molding the rice balls, it is best to moisten this all the time with water.
- The rice balls are formed and processed only 8-10 hours later, if they are not breaded. For this, simply place on a tray in the fridge and get it out 1 hour before breading.
- The finished breaded, but not fried arancini can be frozen. So they do not stick together, freeze on a laid-out with baking paper plates for about 1 hour and only then decant into a container.
- Make sure that you fried arancini not too many at the same time as the oil here cool down too much.
- If you are not fans of fried food, you can watch the Arancini in the oven for about 25 minutes at 200 ° C (Preheat oven) baking. This should end up with a golden brown color. But beware: The taste is of course not the same thing!