



ITALY

APPETIZER

[PRINTABLE RECIPE PDF](#)

Italian Arancini

Arancini are a beloved Sicilian street food, originally created as a way to use leftover risotto. Named for their orange-like shape ('arancia' means orange in

PREP

30 min

COOK

30 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **1 cup** arborio rice - for the risotto base
- **2 cups** vegetable broth - for cooking the rice
- **1 small** onion - finely chopped
- **1 cup** frozen peas - optional, for filling
- **1/2 cup** parmesan cheese - grated, for flavor
- **1/2 cup** mozzarella cheese - diced, for filling
- **1 cup** all-purpose flour - for breading
- **2 large** eggs - beaten, for breading
- **1 cup** breadcrumbs - for breading
- **to taste salt** salt - for seasoning
- **to taste pepper** black pepper - for seasoning
- **vegetable oil** for frying - enough for deep frying

WHY THIS WORKS

About this recipe

A printable Italian Arancini recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Arancini are a beloved Sicilian street food, originally created as a way to use leftover risotto. Named for their orange-like shape ('arancia' means orange in Italian), these rice balls are filled with meat, cheese, or peas,

ORIGIN & TRADITION

Mediterranean context

Arancini are a beloved Sicilian street food, originally created as a way to use leftover risotto. Named for their orange-like shape ('arancia' means orange in Italian), these rice balls are filled with meat, cheese, or peas, then breaded and fried, embodying the rich flavors and traditions of Sicilian cuisine.

METHOD

Step-by-step instructions

1

In a saucepan, heat 1 tablespoon of olive oil over medium heat and sauté the chopped onion until translucent, about 3-4 minutes.

2

Add the arborio rice and toast for 1-2 minutes, stirring frequently. Slowly add the vegetable broth, a ladle at a time, stirring continuously until the rice is al dente and creamy, about 15-20 minutes. Season with salt and pepper.

3

Once cooked, spread the risotto on a baking sheet to cool. Once cooled, mix in the grated Parmesan cheese.

4

Take a small amount of risotto (about the size of a golf ball), flatten it in your palm, place a few pieces of mozzarella and a teaspoon of peas in the center, and shape the rice around the filling to form a ball. Repeat until all risotto is used.

5

Set up a breading station with flour, beaten eggs, and breadcrumbs. Roll each rice ball in flour, dip in egg, then coat in breadcrumbs.

6

In a deep pot, heat vegetable oil to 350°F (175°C). Fry the arancini in batches until golden brown, about 3-4 minutes per side. Drain on paper towels.

CHEF'S TIP

Make sure the risotto is cold before shaping the arancini; this helps them hold together better while frying.

NUTRITION PER SERVING (EST.)

Calories	550 kcal	Fat	25 g
Protein	16 g	Fiber	3 g
Carbohydrates	70 g	Sodium	600 mg

SERVING SUGGESTION

Serve hot with a side of marinara sauce for dipping and a sprinkle of fresh parsley for garnish.

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