

May 2015 *Recipe*

Arancini (Risotto Croquettes) with 2014 Brassfield Estate Sauvignon Blanc, High Valley



FOR THE RISOTTO

4 cups chicken stock, hot (or low-sodium chicken broth)
2 Tbsp olive oil, extra virgin
½ medium onion, small dice
3 garlic cloves, minced
1 Tbsp thyme, fresh, chopped

1 cup Arborio rice
¼ cup Brassfield Estate Sauvignon Blanc
2 Tbsp butter, unsalted
2 cups Parmigiano-Reggiano, freshly grated

Place chicken broth into a pot and bring to a simmer. In a four-quart pot, heat the olive oil over medium-high heat. When warm, add the onions and sauté until translucent; immediately add the garlic and thyme. Sauté until garlic begins to lightly brown around the edges and immediately add the arborio rice to the pot. Stir the rice constantly until it begins to whiten and soak up the oil, about three minutes. Add the Sauvignon Blanc, and continue to stir the rice until the wine has evaporated. Lower the heat to medium and add 1 cup of hot chicken broth, while continually stirring. When broth has mostly been absorbed, add another cup of chicken broth to the pot and repeat this process until the rice is tender and creamy, about twelve to fifteen minutes. Turn off the heat and add the butter and parmesan cheese, stirring to incorporate. Place the hot rice in a shallow baking dish and cool about 15 minutes, then place into the refrigerator overnight to cool completely.

ROLLING THE ARANCINI

6 oz Fontina Cheese, cut into ¼ ounce cubes

After the rice has cooled completely overnight, take an approximately 2 oz. scoop of rice and flatten it into the palm of your hand. Place a cube of fontina cheese onto the rice and gently fold the rice over, forming a ball, and sealing any small cracks. Continue with the remainder of the rice, until all the rice has been formed into balls. Refrigerate until ready for the next step.

BREADING

1 cup flour, all purpose
2 ea eggs, beaten
2 cups Panko Bread Crumbs

In three small bowls, separately place the flour, eggs and panko. Place one or two Arancini into the flour, being sure it is coated evenly with flour. Gently shake off any excess and place the Arancini into the beaten egg. Coat completely, drain off any excess egg, and transfer to the panko. Again, make sure the arancini are completely coated in the panko, shaking off any excess. Repeat the process with all arancini and keep refrigerated.

TO FRY THE ARANCINI

4 cups Canola Oil

Preheat a fryer with oil to 325°. Place as 3-4 breaded arancini into the fryer basket and fry until golden brown. Drain on a rack or with paper towels and serve immediately. Makes approximately 20-25 Arancini.