

SICILIAN BUTTERNUT SQUASH AND SWEET PEA ARANCINI

Submitted by Chef Thomas Norris at Overlook Medical Center

SERVES 8

INGREDIENTS

- 1 qt. vegetable broth
- ½ tsp. saffron
- ¾ tsp. salt
- ½ tsp. extra virgin olive oil
- 13 oz. arborio rice
- ⅓ cup margarine
- 1 oz. Parmigiano Reggiano
- 1 ¾ tbsp. flour
- ⅔ cup soy milk
- ¼ cup green peas
- ¼ cup butternut squash, diced
- 4 oz. mozzarella, shredded
- 1 cup flour
- ¼ tsp. pepper
- 1 ½ cup breadcrumbs
- 1 qt. soybean oil

PREPARATION

1. In a medium saucepan, heat broth, saffron, and ½ tsp. salt until saffron dissolves. In a pot, heat olive oil and toast rice for 3 minutes. Add half of the broth to the rice and stir to combine. Simmer until most of the broth has been absorbed.
2. Add remaining broth one cup at a time until fully absorbed, stirring every few minutes to ensure it does not burn. Continue until rice is al dente and sticking together. Remove from heat and cool in an ice bath. Stir in 3 ½ tbsp. margarine and Parmigiano Reggiano. Chill for 3 hours.
3. In a pan, heat remaining margarine until melted. Stir in flour and cook for a few minutes. Add soy milk and stir until slightly thickened. Add peas, squash, and mozzarella.
4. In a bowl, season flour with salt and pepper. Add 1 ¼ cup water and whisk until smooth. Set aside.
5. Create tennis ball-sized portions of the chilled rice and shape into cones. Allow to set for 30 minutes. Make a center hole in each rice ball and add filling, making sure to close the opening with rice. Roll the arancini in your hands to smooth and shape into a cone. Set aside.
6. Preheat oil to 360°. One at a time, immerse arancini in the batter, then coat with breadcrumbs. Add arancini into the pot and fry for 2-3 minutes until golden brown.
7. Drain on paper towels and serve.

