



Suppli Rice Ball

Ingredients

1 onion
1 carrot
1 celery stalk
80g extra virgin olive oil
800g peeled tomatoes
15g salt
3g sugar
290g Carnaroli rice
80g butter
110g Parmesan cheese
15 basil leaves, finely chopped
Mozzarella cheese, cut into strips
Sunflower oil, for frying
00 flour, for coating
Eggs, beaten
Breadcrumbs, for coating

Instructions

1. Cut the onion, carrot, and celery into coarse pieces.
2. Heat the extra virgin olive oil in a pan and add the chopped onion. Cook over low heat for about 8 min until browned.
3. Add the peeled tomatoes, salt, and sugar to the pan. Blend the mixture using an immersion blender for about 3 min until smooth.
4. Cut the mozzarella into strips and drain to remove excess milk.
5. In a separate pan, toast the Carnaroli rice for 3 min.
6. Add the toasted rice to the tomato sauce and cook over medium heat for 15 min.
7. Stir in the butter, Parmesan cheese, and chopped basil leaves.
8. Transfer the mixture to a baking tray and let it cool.
9. Once the mixture is cold, take a spoonful of the mixture and insert a strip of mozzarella cheese in the center. Shape the mixture into a ball, enclosing the mozzarella.
10. Coat the suppli first with 00 flour, then dip it into the beaten egg, and finally coat it with breadcrumbs.
11. Heat sunflower oil in a deep pan or fryer to 160° C.
12. Fry the suppli in the hot oil until they turn golden brown.
13. Remove the suppli from the oil and place them on a paper towel to drain excess oil.
14. Serve the suppli hot as a delicious snack or appetizer.

Note: Make sure to handle the hot oil with caution and fry the suppli in small batches to ensure even cooking. Enjoy your homemade suppli!



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