



Arancini

Using Riced Cauliflower



Makes:
16 servings



Total Cook Time:
1 hr

Ingredients:

- 1 4lb bag of Blount's Riced Cauliflower
- 1 4lb bag of Blount's Creamy Tomato Soup
- 3 cups Flour
- 4 Eggs
- Grated Parmesan cheese
- Fresh basil, chopped

Cooking Instructions:

1. Mix one bag of Blount's Riced Cauliflower with two cups of flour.
2. Scoop about ¼ cup risotto into your hands and form into a ball about 2½" in diameter and place on a parchment lined sheet pan. Repeat with remaining riced cauliflower mixture.
3. Freeze cauliflower balls for 30 min.
4. While freezing get three medium sized bowls. Place the remaining cup of flour in one, eggs (beaten) into the second and the seasoned breadcrumbs in the third.
5. Working one at a time, dredge balls in flour, shaking off excess. Transfer to bowl with egg and turn to coat, letting excess drip back into bowl. Coat with breadcrumbs, pressing gently to adhere. Transfer to a parchment-lined rimmed baking sheet. Chill balls in freezer while you prepare oil in the next step.
6. Pour oil into a medium heavy pot fitted with thermometer to a depth of 2". Heat over medium until thermometer registers 350°. Carefully lower half of rice balls into oil with a slotted spoon or spider and fry until deeply golden brown, 6–8 minutes. Transfer to paper towels to drain, season with salt. Repeat with remaining rice balls.
7. While frying the Arancini, heat up one bag of Blount's creamy tomato.
8. After all the Arancini is fried, and the creamy tomato is hot, it's time to plate.
9. Place 2 oz of creamy tomato in the center of a plate. Top with one ball of Arancini and garnish with a sprinkle of parm, basil and enjoy!

Find more of our Chef's Recipes: www.blountfinefoods.com/the-chefs-table