

BC MUSHROOM ARANCINI



Yields:
6 portions



INGREDIENTS

¼ cup	Olive Oil	60 ml
½	Onion, diced small	
1 Tbsp	Garlic, minced	15 ml
2 cups	Mixed BC Mushrooms, chopped small	480 ml
1½ cup	Arborio Rice	350 ml
¼ cup	White Wine	60 ml
4 cups	Vegetable Stock	960 ml
¼ cup	Fresh Mozzarella Cheese, diced small	60 ml
¼ cup	Shredded Parmesan Cheese	60 ml
2 Tbsp	Italian Parsely, minced	30 ml
	Salt and Pepper	
2 cups	Flour	480 ml
3	BC Eggs	
1 cup	Milk	240 ml
2 cups	Panko Breadcrumbs	480 ml
	Canola Oil for frying	

DIRECTIONS

1. Place vegetable stock in a pot and bring to a boil. Reduce the heat to simmer.
2. In a saucepan, heat oil and add onion.
3. Sweat the onion for 3 – 4 minutes being sure not to brown.
4. Add the garlic and sauté 1 minute.
5. Add the mushrooms and cook until soft.
6. Add the rice and cook stirring constantly for 1 minute.

7. Add the wine and stir for 1 minute more.
8. Ladel by Ladel, add the stock stirring constantly. Only add another ladle of stock when the previous ladle of stock has almost completely been reduced. Repeat this step until the rice is cooked.
9. Remove from the heat and stir in the mozzarella cheese, the parmesan cheese and butter making it a risotto.
10. Season with salt and pepper.
11. Finish with Italian parsley.
12. Place risotto in the refrigerator until cold. This can be done the day before.
13. Set up the breading station by placing the flour and breadcrumbs on separate plates and season with salt and pepper.
14. Combine the eggs and milk to make an egg wash in a separate bowl and season.
15. Form cold risotto into balls.
16. Heat canola oil to 325 F
17. Place in the flour, then the egg wash, then the breadcrumbs.
18. Gently lower the breaded risotto balls into the hot oil until completely golden brown.
19. Remove from the oil to a paper towel lined plate.
20. Serve immediately.