

Nutella rice balls *(Desserts)*



Preparation

Boil the rice in the milk and cream with the sugar. Once it is cooked slightly 'al dente', let it cool. Take a little and spread it out on your palm. Place a teaspoon of Nutella on top and with some more rice, cover the Nutella and shape into a ball. When you've used up the rice and made several balls, one by one dip them in the beaten egg and then in the breadcrumbs. Fry in plenty of hot oil. When they have taken on a uniform golden colour, remove the rice balls from the oil and pat them dry on paper towels. As soon as the surface of the balls is dry, sprinkle with icing sugar and eat hot.

Tips

Arancini should be golden brown and crispy on the outside, while inside must be very hot: in order to get this result we recommend when boiling the rice to overcook it a little: in this way they will remain more compact during frying.

Trivia

In Italian these rice balls are known as 'arancini', so-called because of their similarity in shape and colour to oranges or 'arance'. They are a dish from Sicily but are known world-wide thanks to the great emigration of Sicilians across the globe. Immigrants from Sicily often opened restaurants and takeaways overseas where they made these rice balls.

Information

Preparation 20 minutes

Total Time 25 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Rice 200 grams

Sugar (2 tablespoons of caster sugar)

Milk 600 millilitres (Whole milk)

Whipping cream 200 millilitres

Eggs 1 unit

Breadcrumbs 100 grams

Sunflower oil (For frying)

Nutella (To taste)

Icing sugar (To taste)