ARANCINO WITH CUTTLEFISH INK



Chef: Leonardo Pellacani

Menù Ingredients

20 g Superbrodo manzo “Casamia” - Casamia “Super Beef Stock” - BA0

360 g Ènerodiseppia - WBQX

q.b. Mix tecnico per frittura - Professional frying mix - Q81

q.b. Olio tecnico per frittura - Professional frying oil - E10

q.b. Panatura croccante al mais - Crispy corn breading - Q71

q.b. Pane grattugiato - Breadcrumbs - Q61

q.b. Seppia cotta - Cooked cuttlefish - 1IF

Ingredients

250 g Carnaroli rice

750 g Parboiled rice

150 g Butter

2,2 L Water

20 g Salt

2 Bay leaves

to taste Peas

to taste Black pepper

to taste Nutmeg

Method

Portions for 20 arancini

For the arancini base:
Bring the water to a boil with Casamia “Super Beef Stock” powder, salt, and bay leaves. Add the rice, stirring to prevent it from sticking. Cook over medium heat until the liquidi s completely absorbed: the rice should be fully cooked yet compact, with no excess misture (this allows the arancini to be shaped without cracking). Turn off the heat, remove the bay leaves, and immediately stir in the butter, seasoning with black pepper and nutmeg. At the end of the creaming process, incorporate Ènerodiseppia (approximately 360 g per kg of raw rice). The goal is to obtain a well-coloured but dry rice.
Spread the hot rice onto a tray in an even layer (2-3 cm thick), cover directly with plastic wrap, and cool rapidly. Let it rest in the refrigerator for at least 4 hours to obtain a dry and stable mixture.
Fill each arancino with 70 g of filling made with Cooked cuttlefish and peas.
Coat each arancino in the Professional frying mix and then breadcrumb it:
-For a classic look and even golden colour: gluten-free Breadcrumbs
-For a crunchier texture: Crispy corn breading
Fry in Professional frying oil at 170-175 °C for 4-5 miutes, turning halfway through. Drain on a wire rack.
For a different plating proposal, heat the Ènerodiseppia sauce and serve the arancino nestled in the sauce on the plate.

Gluten Free Method

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