



Supplì

Fried Tomato Sauced Risotto Balls

Ingredients (15 supplì):

- 1 onion
- Olive oil
- 500gr. (17.6 oz.) plum tomatoes or tomato passata (sieved tomatoes)
- 1 liter of water
- 2 crumbled sausages
- 500gr. ((17.6 oz.) Arborio rice
- 50gr. (1.7) butter
- 50gr. (1.7) grated parmesan
- 4 eggs
- 200gr. (7 oz.) mozzarella
- Small bowl of flour
- Breadcrumbs
- Sunflower oil
- Salt and pepper
- Pots, frypans, bowls

Preparation:

1. First, make the risotto: in a pan, dice the onion and sauté with the olive oil until soft. Add the crumbled sausage and cook until brown. Add the tomatoes (if using plum tomatoes blend them first to make sure there are no lumps) with a good pinch of salt and leave to simmer for a few minutes.
2. Have at least a liter of water simmering away on the stove near your tomatoes. Having the water hot helps cook the rice more evenly. Have your ladle at the ready too.
3. Add the rice to the pan with the tomatoes and stir for a minute. Then add your first ladle of water. Once the rice absorbs the liquid, add a second ladle and so on. The rice should take 17 minutes to cook, but check that the rice is no longer chalky.
4. Remove the rice from the heat and stir in the parmesan, butter and 2 of the eggs, stirring viciously to make sure the eggs don't scramble. Taste to add more salt & pepper.
5. After the rice has cooled down, place it in the fridge for a good couple of hours.
6. Cut the mozzarella into little strips - 2 cm. long (0.78 inch) and 5 mm. wide (0.2 inch).

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7. Take a heaped tablespoon of rice. Use your finger to make a hole inside and tuck in the mozzarella. Then use your hands to shape it into an oblong ball.
8. Have your flour, lightly beaten eggs and breadcrumbs ready in three separate bowls. First dip your rice in the flour, then in the eggs, then in breadcrumbs.
9. Repeat the process with all the rice balls.
10. Heat the oil to 190 C°/374 F°, (this is important as if it gets too hot, the oil starts to smoke and gives the supplì a bitter taste).
11. Fry the rice balls in batches until golden brown and leave to rest on kitchen paper for a few moments before serving.

Keep Cooking and Enjoying Traditional Roman Food.

Buon Appetito!