

Awesome Arancini di Riso (Rice Balls!) + Italian Chopped Salad + Italian Chamomile-Crema Soda



arancini di riso

preheat+cook+whisk

Cook $\frac{2}{3}$ C short grain white rice according to package directions, yielding 2 C cooked rice. Crack 1 egg into a medium sized bowl and whisk. (You may end up adding another egg to the bowl, if needed, depending on how wet or dry your cooked rice is). Crack 1 egg into a second small bowl and whisk.

measure+add+adjust

Measure and add 2 C cooked rice, $\frac{1}{2}$ tsp salt, $\frac{1}{2}$ C parmesan cheese, 4 oz. ($\frac{1}{2}$ C) shredded mozzarella, $1\frac{1}{2}$ tsp Italian seasoning, 1 tsp garlic powder, $\frac{1}{8}$ tsp ground black pepper, and a small squirt of honey to your medium bowl with the whisked egg. Mix everything together and then if the mixture is too dry, add another egg.

wet+form+squeeze

Wet your hands (so that the mixture won't stick to them) and form the arancini into balls, about 2 inches in diameter. Squeeze them tight so that they hold together.

dip+brush+bake

Once arancini balls are formed, dip them into the whisked egg in the small bowl, and then into another small bowl of $\frac{3}{4}$ C Italian breadcrumbs. Brush each ball lightly with olive oil and then place on a sheet pan. Bake in your preheated oven at 350 degrees for approximately 20 minutes, or until crispy and golden brown. Remove and cool before eating.

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italian chopped salad

measure+whisk

Measure **2 T olive oil**, **1 T vinegar**, **¼ tsp garlic powder**, **pinch of sugar/squirt of honey**, and **½ tsp salt** into a small bowl and whisk together to make your Italian dressing.

chop+sprinkle

Chop **1 head romaine lettuce**, **¼ C cherry tomatoes**, and **2 stalks celery** into bite sized pieces and combine in a bowl. Sprinkle with **2 T grated parmesan cheese**.

pour+toss+enjoy!

Right before serving, pour your homemade Italian dressing over the chopped vegetables and toss the salad together. Enjoy with arancini and Italian soda!

italian chamomile-crema soda

steep+whisk

Place **2 bags chamomile tea** into **½ C warm water** and steep for at least 30 minutes. Remove the tea bags and whisk in **¼ C honey/sugar**.

add+stir+pour

Add **2 C sparkling water** and **1 T heavy cream**. Stir it all up! Add some **ice** to each cup before serving and then pour creme soda over ice.

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shopping list

Arancini di Riso

- 2 C cooked short grain white rice ($\frac{2}{3}$ C uncooked rice)
- $\frac{1}{2}$ C grated parmesan
- 2-3 eggs
- 4 oz shredded mozzarella
- $\frac{3}{4}$ C Italian style breadcrumbs
- $1\frac{1}{2}$ tsp garlic powder
- $\frac{1}{8}$ tsp ground black pepper
- $\frac{1}{2}$ - $\frac{3}{4}$ tsp salt
- small squirt of honey
- $\frac{1}{4}$ C olive oil, for brushing

arancini

Italian Chopped Salad

- 1 head romaine lettuce
- $\frac{1}{4}$ C cherry tomatoes
- 2 stalks celery
- 2 T grated parmesan
- 2 T olive oil
- 1 T vinegar
- $\frac{1}{4}$ tsp garlic powder
- small squirt of honey
- $\frac{1}{2}$ tsp salt

Italian Chamomile-Crema Soda

- 2 bags chamomile tea
- $\frac{1}{4}$ C honey/sugar
- 2 C sparkling water
- 1 T heavy cream
- 2 C ice

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What is Arancini?

The word “Arancini” (arr-an-CHEE-knee) stems from the Italian word for “orange”, which is “arancia”. Simply put, arancini are rice balls stuffed with any combination of meat, seafood, vegetables, and cheese - coated in breadcrumbs - and deep fried. The dish is often made using leftover risotto. Arancini are not particularly famous outside of Italy, but are everywhere in the Southern part of the country and some are as big as oranges (hence the name!), though typically the size of smaller oranges. The fillings can vary, including savory mixtures such as meat sauce with peas, prosciutto, cheese, eggplant, tomatoes, capers, pistachios, mushrooms, swordfish, even squid ink! Of course the region where the arancini is cooked dictates the type of filling.

Several regions in Italy claim to be the homeland of the dish, but it seems the term arancini was first coined in Sicily. In Italian literature, Inspector Montalbano, the main character of Andrea Camilleri’s detective novels, is a well-known lover of arancini. The success of the book series and the television adaptation has contributed to making this dish known outside of Italy.

The surprise ingredient of the week: Rice!

- ★ **Rice is a kind of grain, or grass**, like wheat, millet, or barley, which provides carbohydrates to people who eat its seeds.
- ★ **Rice grows wild in southeast Asia.**
- ★ **Rice is one of the most important foods in the world**, supplying as much as half of the daily calories for half of the world’s population. No wonder that in Asian countries such as Thailand, the translation of the phrase “to eat” literally means “to eat rice”.
- ★ **There are over 8,000 varieties of rice in the world.** Often times, rice is categorized by its size as being short grain, medium grain, or long grain. Short grain, which has the highest starch content, makes the stickiest rice, while long grain is lighter and tends to remain separate when cooked.
- ★ **Rice was believed to have first been cultivated in China around 6,000 years ago**, but recent archaeological discoveries have found primitive rice seeds and ancient farm tools dating back almost 9,000 years!
- ★ **For the majority of its history, rice was a staple food only in Asia.** It wasn’t until Arab travelers introduced rice into ancient Greece, and Alexander the Great brought it to India, that rice found its way to other corners of the world.

Time for a laugh!

Do you want to hear an arancini joke? Never mind, its too cheesy!

What did one rice say to the other rice? I hope I see you a-grain!

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