

## AGT Foods Africa Masterclass

### 1) VEGGIE/PEA CRUMB TRI COLOUR ARANCINI

#### RECIPE

##### **Risotto Base**

##### Ingredients

- Arborio x 500gm (makes approx. 30 to 35 balls)
- Gluten Free Veg Stock x 1.5L
- White Onion diced x 1
- Garlic Clove diced x 3
- Salt 1 tsp & Pepper ½ tsp (Ground White & Cracked Black)
- Nutritional yeast (for cheesy taste/texture) x 2 TBLS
- Olive Oil x 3 TBLS

##### Method

- In a large saucepan/pot, heat the oil and add the onion & garlic. Cook until soft.
- Add the risotto rice and cook for about 2 to 5 minutes stirring constantly until rice is “cracked/toasted”
- Slowly add the stock adding approx. cup at a time, until stock is evaporated and rice is al dente
- Add the seasoning & nutritional yeast.
- Set aside in fridge over night

##### **Vegetable Puree (3 colours)**

##### Ingredients

- Beetroot 4 medium size – washed, topped, tailed & roasted until soft
- Butternut – x 200gm roasted
- Spinach x 500gm
- Salt & Pepper
- Baking Soda - pinch
- Lemon x 1

##### Beetroot Puree Method

- Roughly chop the Beetroot & Butternut and place in oven (180\*) to roast for about 30 to 45 mins
- Remove from oven season with salt, and allow to cool slightly
- Once cooled add to blender and blend until fine. Set aside to cool and for mixing with risotto later.

##### Butternut Puree Method

- Roughly chop the Beetroot & Butternut and place in oven (180\*) to roast for about 30 to 40 mins
- Remove from oven season with salt, and allow to cool slightly
- Once cooled add to blender and blend until fine. Set aside to cool and for mixing with risotto later.

##### Spinach & Pea Puree

- Bring a pot of water to the boil.
- Drop your peas in the hot water for about 3-5 minutes until soft but still very green in colour.
- Remove the pea and set aside to cool slightly before adding to the blender.
- In the same pot of boiling water drop you baby spinach until wilted - about 1 to 2 mins
- Remove and drain – squeeze the spinach hard to get the water out
- Add thee pes, spinach, lemon juice salt & pepper to the blender and blend. Set aside to cool and for mixing with risotto later.

## **Crumb**

### Ingredients

- Veggie/Pea Crumb Course Fine
- Veggie/Pea Crumb Fine
- Gluten free flour (Corn flour) x 200gm
- Nondairy milk (preferably soy or oat) x 1 bottle
- 2 litre canola/veg oil

### Method

In 4 separate bowls place

- Corn flour
- Fine crumb
- Course crumb
- Non-dairy milk
- Roll risotto balls approx. 30gm each/ 1 heaped TBLS
- Dip in flour, then milk ,then fine crumb, then dip again in milk and then into course crumb
- In a pot, heat the oil and drop the arancini, cook until golden in colour

### **UTENSILS:**

- 4 x (1 to 2 litre size) bowls for dipping arancini
- 1 x Silicon/stainless tongs
- 1 x Silicon/stainless slotted spoon
- Paper towel,
- 3 x Small trays/regular plates to place arancini on (before & after frying)
- 1 x pot (2 to 3 Litre size) for frying/small home fryer
- Oil temp thermometer.
- 3 x prep bowls & spoons for mixing veg pure into risotto
- 4 x display bowls for display veg puree & risotto

### **PLATING & GARNISH:**

- Herb oil
- Edible flowers
- Micro greens

- Chilli vegan mayo / truffle mayo
- Chilli tomato dip
- Funky plates, wooden board

**ALTERNATIVES/VARIATIONS:**

Baked in Oven / Airfryer – less colour, but healthier option.

Can add seasoning to crumb (garlic & herb powder, chilli flakes, smoked paprika).

For thick crust use only coarse crumb.

For fine crust use only fine crumb.