

Manchego & California Wild Rice Arancini with Avocado Dip

Created by Chef Mark LoRusso

Las Vegas, Nevada

1st place winner Sides division

Ingredients:

2 quarts cold water
1/2 teaspoon salt
1/2 cup California wild rice
1 tablespoon grated parmesan cheese
1/2 cup plus 1 1/2 tablespoons Wondra flour, divided
Salt
Ground white pepper
1 tablespoon manchego cheese, cut into 7 pieces
2 large eggs
2 cups panko (Japanese breadcrumbs)
4 tablespoons chopped fresh parsley
Cottonseed oil for frying
1 California avocado, halved, pitted, and peeled
2 tablespoons fresh lemon juice
2 teaspoons chopped fresh basil



Instructions:

In a medium saucepan, bring 2 quarts water and 1/2 teaspoon salt to a boil over high heat. Add California wild rice; reduce heat, and simmer for about 1 hour, or until tender.

Drain, and let cool.

In the work bowl of a food processor, process half of rice until coarsely chopped.

In a medium bowl, combine chopped rice, remainder of cooked rice, parmesan cheese, 1 1/2 tablespoons flour, salt and white pepper to taste. Form mixture into 7 (1.5-ounce) balls.

Using your thumb, make a small indentation in each ball. Stuff 1 piece manchego cheese into each indentation, and mold rice over it to completely enclose cheese.

In a shallow dish, lightly beat eggs. In a separate shallow dish, combine remaining 1/2 cup flour, breadcrumbs, and parsley. Season to taste with salt and white pepper. Coat wild rice arancinis in beaten egg; dredge in flour mixture.

In a large Dutch oven, pour oil to a depth of 2 inches; heat to 360°. Fry arancinis for 1 to 2 minutes, or until golden brown. Drain on paper towels. Season to taste with salt and white pepper.

In the work bowl of a food processor, combine avocado and lemon juice. Process until smooth. Stir in basil. Season to taste with salt and white pepper.

Serve arancini immediately with avocado mixture.

~Makes 4 servings~

California
WILD RICE