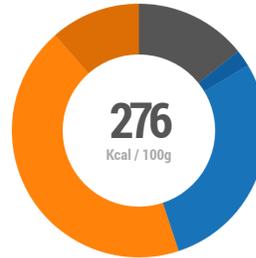


Kipper Arancini with Aioli

OVERVIEW ...



CALORIES:

30.7% Carbs

14.3% Protein

55.1% Fat

FOOD LABELLING...

Serves **10**

CONTAINS:



WHEAT



EGGS



MILK



FISH



MUSTARD



SULPHITES

RECIPE INGREDIENTS ...

QUANTITY: DESCRIPTION:

3428 - 3428 Portico Classic Butterfly Filleted Scottish Smoked MSC Kippers.. - BRAKES	788g	7 x Each
100262 - 100262 Extra Virgin Olive Oil.. - BRAKES	40g	0.02 x Each
146210 - 146210 Anchor Salted Block Butter.. - BRAKES	40g	0.4 x Each
10291 - 10291 Large Onions 2.5kg.. - BRAKES	100g	0.04 x Each
134280 - 134280 Gallo Arborio Risotto Rice.. - BRAKES	320g	0.32 x Each
87894 - 87894 Gourmet Classic Chardonnay Cooking Wine 3 Litres.. - BRAKES	125g	0.04 x Each
111841 - 111841 Knorr Professional Vegetable Jelly Bouillon 800g.. - BRAKES	40g	0.05 x Each
113881 - 113881 Herb Bunched Flat Leaf Parsley.. - BRAKES	10g	0.1 x Each
113880 - 113880 Premium Large Chives Bunch.. - BRAKES	10g	0.1 x Each
132644 - 132644 Maldon Sea Salt Flakes 570g.. - BRAKES	4g	0.01 x Each
134293 - 134293 Sysco Classic Cracked Black Pepper.. - BRAKES	4g	0.01 x Each
149909 - 149909 Granarolo Parmigiano Reggiano Wedges.. - BRAKES	80g	0.08 x Each

114218 - 114218 Lemons.. - BRAKES	154g	1 x Each
470703 - 470703 Plain Flour.. - BRAKES	175g	0.12 x Each
122386 - 122386 Brakes 15 Dozen Scottish Fresh Medium Eggs (Scotland Only).. - BRAKES	242g	4 x Each
115857 - 115857 Graham's The Family Dairy Semi-Skimmed Milk 2 Litres (Scotland Only).. - BRAKES	200g	0.1 x Each
135538 - 135538 James Brown & Co Panko Breadcrumbs.. - BRAKES	300g	0.3 x Each
129213 - 129213 Brakes Garlic Aioli.. - BRAKES	400g	0.4 x Each

COOKING INSTRUCTIONS & NOTES

PREPARATION

- Peel and finely dice Onion.
- Wash, pick and chop Parsley.
- Wash and chop Chives.
- Zest and juice the Lemon.
- Grate the Parmigiano Cheese.
- Prepare Vegetable Stock as per manufacturers guidelines.

METHOD

- Bring pan of water to the boil to cook the Kipper Fillets. Add the frozen Kipper Fillets and cook for 12 minutes.
- In thick bottomed pan heat the Olive Oil and 20gm Butter. Add the chopped Onions and cook till soft. Add the Arborio Rice and ensure all the Arborio Rice Grains are coated in the Olive Oil and Butter.
- Add the White Wine and reduce by 2/3.
- Start adding the Vegetable Stock a ladle at a time stirring continuously till all Vegetable Stock has been absorbed. Continue to do so a ladle at a time, this should take around 20 - 25 minutes. Continually taste the Arborio Rice as when it is ready it will be plump and firm to the taste without a chalky bite.
- Whilst cooking the Arborio Rice drain the Kipper Fillets and when manageable remove from the packaging. Scrape the skin from the fillets and flake the remaining Kipper Fillet.
- When the Arborio Rice is cooked add the grated Parmigiano, remaining Butter, Parsley, Chives, Lemon Juice and Zest. Season to taste with Maldon Salt and Cracked Black Pepper. Add the Kipper Fillets and mix thoroughly taking care not to break up the Kipper Fillets too much.
- Spread the Kipper Risotto out onto a kitchen tray and allow to cool.
- When cool and manageable divide the mixture into 30 equal rounds and roll into smooth ball shapes. Chill the rounds in the refrigerator, ideally overnight.
- In 3 separate kitchen trays the Flour, Egg Wash (Eggs and Milk) and Panko Crumbs. Roll the Arancini Balls through the Flour, Egg Wash and Panko Crumb ensuring they are all coated.
- Pre heat fryer to 175C.
- Deep fry the Kipper Arancini for 4 - 5 minutes till they have reached the agreed core temperature. Serve in warm parchment lined Tapas Dish with a side of Aioli. You may wish to add further Italian accompaniments to create a sharing platter for a group get together.

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