



Mangia Bene, Viva Bene

By FRANK ZEOLI



Rice Cakes

The thing about most Italian grandmothers, they never wasted anything and my grandmother was no exception. This dish was inspired by that sentiment. When she would have leftover rice, whether it be white rice or arborio rice, she would throw together this delicious snack. While Sicilian grandmothers would make arancini (stuffed Sicilian rice balls), my grandmother would make a rice cakes. I would definitely classify these as comfort food.



theepic@dashu33

..... **Prep Time: 15 Minutes**

..... **Cook Time: 30 Minutes**

Ingredients

- 2 cups of rice (white or arborio)
- 5 eggs
- $\frac{3}{4}$ cup grated parmesan cheese
- 1 $\frac{1}{2}$ cup of Italian breadcrumbs
- 1 teaspoon of granulated garlic
- 1 tablespoon of dried parsley
- $\frac{1}{4}$ teaspoon of black pepper
- $\frac{1}{2}$ teaspoon of salt
- 1 cup of frying oil (I use a blended oil)



Instructions

- 1.** Cook or reheat the rice and place it in a large mixing bowl. Add 3 eggs, granulated garlic, salt, pepper, parsley, and $\frac{1}{2}$ cup of the parmesan cheese. Mix the rice well making sure the rice is completely covered.
- 2.** In two separate mixing bowls, add the breadcrumbs and $\frac{1}{4}$ cup of parmesan cheese to one of them and mix well. In the second bowl, add 2 eggs and beat well.
- 3.** Take some of the rice mixture and place it in the palm of your hand making a ball at first and then molding it into a cake or log shape.
- 4.** Roll the rice cake into your egg mixture covering it thoroughly and then into your breadcrumb mixture. You want to continually keep molding it, so it stays together. Repeat this step until you have shaped all of the rice.

- 5.** In a large frying pan on medium high, heat the oil and place the rice cakes into the frying pan. Make sure the oil is hot before you place the rice cakes in. Fry them for approximately 15 minutes until both sides are browned. Remove them from the oil and place them on a plate lined with paper towel to catch any excess oil.

Serve them hot just as is or with some homemade marinara sauce.

Look for more recipes in the next edition of the **SIAMO QUI**.

