

PANELLE

What You'll Need

65 gr chickpea flour
190 ml of water
Fresh parsley
black pepper
Seed oil
1/2 lemon



How to make it

To prepare panelle, slowly pour the chickpea flour in cold water and mix to prevent lumps. In the meantime, finely chop parsley. Boil the mixture and stir until a thick dough is obtained then add parsley. At this point, quickly pour the mixture into an oiled container. Let it cool down and then slice panelle in about 5mm thick. Finally, fry the panelle in seed oil. Serve hot with salt and lemon.

ARANCINE

What You'll need

For the Rice:
100 g short-grain rice
1/6 tsp crushed saffron
1 and 1/2 cups water
2 tbsp freshly grated Caciocavallo or Parmigiano-Reggiano cheese
1 tsp butter
1 bouillon cube
salt and black pepper, depends on your taste



For the Meat Sauce and Filling:

1 tbsp olive oil
1/3 cup (about 1/2 small) finely chopped yellow onion
2 tbsp finely chopped carrot
2 tbsp finely chopped celery
65 ground beef
2 tbsp (30 ml) dry red wine
1 tsp concentrated tomato paste
2 tbsp green peas

For the Rice Balls:

50 g fresh grated caciocavallo cheese
1 large egg
2 cups bread crumbs
seed oil for frying

How to Make It

Make the Rice:

In a large saucepan, place the rice, butter, bouillon cube, saffron and 1 and 1/2 cups water. Bring to a boil, cover, and reduce heat to low. Let simmer about 15 to 20 minutes or until all of the water has been absorbed. Remove lid, stir in grated Caciocavallo or Parmigiano. Spread the rice out on a large plate or baking dish to cool completely to room temperature, add an egg.

Make the Meat Sauce and Filling:

First, you'll start with a classic soffritto: Heat the olive oil in a small saucepan over medium-high heat. Add the onions, carrots, and celery and sauté, stirring often, until softened and the onions are translucent, about 8 to 10 minutes.

Add the ground beef and fry, stirring often, until browned, about 5 to 8 minutes. Add the wine and let cook until the alcohol aroma has reduced, about 1 minute. Stir in the concentrated tomato paste, reduce the heat to medium-low, and cook, stirring occasionally, about 10 minutes. Add the peas and continue to simmer the sauce for another 8 to 10 minutes, or until the peas are tender and the sauce is thickened. It should not be too liquid.

Transfer the filling to a bowl and set aside to let it cool.

Assemble and Fry the Arancini:

Once the rice and filling are completely cooled, start shaping your rice balls. Place 1 heaping tablespoon of rice in the palm of one hand, then use your fingers and thumb to shape it into a hollow bowl shape. Place about 1 teaspoon of the filling in the center, 1 to 2 small cubes of diced Caciocavallo, and then gently close the rice around the filling to form either a round ball shape or a cone/pear shape. When all of your arancini have been formed, spread the bread crumbs in a plate or baking dish. Gently roll each ball in the breadcrumbs until evenly coated. At this point, you can refrigerate your arancini for 20 to 30 minutes to let them firm up, if they seem a bit too loose or liquidy. If not, you can go directly to frying. Heat about 5 cm of seed frying oil. Fry your arancini in batches of just 2 to 3 at a time, being careful not to overcrowd the pot, until they are evenly golden-brown, about 3 minutes. Transfer them to a paper-towel-lined plate to drain and serve hot.

SEASONAL GELLY

What You'll need

35 gr of sugar
1 sheet of gelatin
2-3 oranges or mandarins



How to make it

To make the seasonal jelly, first clean, cut and squeeze the fruit. Then, pour everything in a saucepan, adding lemon juice and gelatin. Put on the heat and stir until the mixture becomes thick. Then pour it into small cups. Wait till it is cool and place in the fridge. It is recommended to serve the jelly cold to enhance its taste.

ABOUT YOU


THANK YOU FOR COOKING WITH US!


If you enjoyed this **experience**, please take the time to write us a **review** on TripAdvisor.


This would help the entire Mamma Corleone's family.

We hope you will continue to cook **sicilian recipes**. You can find all Mamma Corleone's recipes in our website so you can get them everywhere in the world!

Also, if you need us for any **information or tips** about cooking, we will be always available for you at:

 info@mamacorleone.com

 +39 380 47 68 397

 www.mamacorleone.com



ABOUT US

Mamma Corleone is a **family business** which mission is to share with other cooking lovers their passion and knowledge about sicilian food and taste.

To enhance this value, a real **Mamma Siciliana** drives Mamma Corleone's kitchen, in the heart of the old town, very close to the Cathedral of Palermo.

Infact, Maria Pia is a real Sicilian Mamma, mother of 4 that has an authentic and true experience in cooking **traditional sicilian dishes** and her cooking abilities are very popular among her friends and Mamma Corleone's guests.

Mamma Corleone is not just a cooking class, it is an **authentic experience** to meet locals, learn to cook some traditional dishes and enjoy a meal with a glass of wine.