

TICKLE ENTERTAINMENT LTD

PRESENTS

ITALIAN COOKING

THE ART OF ARANCINI

THE UNKNOWN CHEF

LOGLINE

On the Island of Sicily, **Arancini are considered a regional staple. A belief held by this cook, who wants to bring the Island's love of arancini to London.**

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SYNOPSIS

Traveling down to the bottom of the country, we find ourselves in **Sicily** to discuss a staple of the island's cuisine; arancini. Our episode begins with us meeting two Sicilians who have come over to London to bring this incredible street food to London. Named Arancini due to its similarity in shape and color to the Sicilian Orange, this deep-fried treat is perfect for almost any occasion.

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We begin by meeting our arancini cooks who will use this opportunity to tell us about the history of the dish. Its origins are linked to the Arab rule of Sicily in the 10th century and how for many years eating arancini was one of the most important parts of the feast day of Saint Lucy.

From there, our cooks will discuss the differences in the way they are made on the West of the Island compared to the East.

On the eastern side of Sicily, arancini are shaped like a cone to match the looming Mount Etna. The cooks will also chat about their upbringing on the Island. These will lead to a fascinating discussion about the culinary and social differences between Sicily and the rest of Italy. Our in-house nutritionists will all use this opportunity to discuss the importance of moderation when it comes to frying food and how it can be done in a more health-conscious way.



William Baldwin will then join and discuss with the cooks the method in preparing arancini. From there they will begin to look at different versions of the dish, varying from meat-based to extensive vegetarian options with a variety of Italian cheeses as well as peas. They will taste test the different types of arancini in the restaurant and discuss the best occasions to eat the dish. He will also ask the cooks for their personal preferences when it comes to what makes the perfect arancini.

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Throughout the episode, our focus is on unmasking the unknown cook.

Who, why and how did he come to be who he is today.

It is a documentary drama to show their flair, cooking technique and unique story, not the traditional A to B cooking show.

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