Herb Polenta Chips

Fresh from the garden: Herbs

Equipment:

metric measuring spoons measuring scale clean tea towel chopping board cook's knife saucepan wooden spoon 10x8 inch baking dish

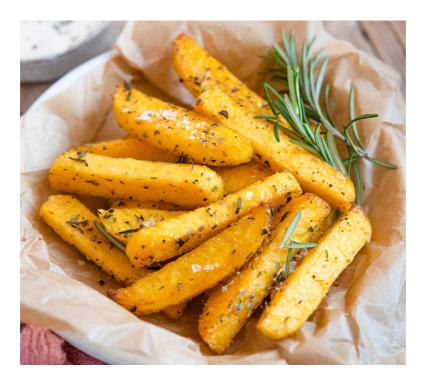
Ingredients:

- 1 cup polenta
- 800ml stock
- 60 grams of butter (60g)
- ½ cup freshly grated parmesan (30g)
- 2 sprigs fresh rosemary finely chopped
- 2 teaspoon dried oregano/herbs
- ½ teaspoon sea salt flakes
- Pinch of pepper
- 1 tablespoon olive oil

Method (What to do):

- 1. Pre-heat the oven to 200C.
- 2. Add the chicken stock to a medium saucepan and bring to a boil.
- 3. While you are waiting for the water to boil, place all other ingredients in a bowl, ready to mix into the polenta(butter, parmesan and herbs).
- 4. Once the water is boiling, slowly add the polenta whilst stirring until all the polenta is fully incorporated.
- 5. Next, add the remaining ingredients (in the bowl) and stir until the butter has melted and the polenta has thickened slightly (2-3 minutes).
- 6. Pour the cooked polenta into a lined baking dish and spread it out evenly. (Let the polenta cool completely then chill in the fridge covered with plastic wrap for 1-2 hours or overnight).

- 7. Remove the polenta from the tray and cut into fries.
- 8. Place the fries on a baking tray and brush with olive oil. Bake in the oven for 30 minutes until golden brown and crispy.



NOTES

- Cut the fries roughly the same size so they cook evenly.
- Chicken stock can be replaced with vegetable stock or just water.