

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.*