

*Herbed Polenta
with
Sun Dried Tomato Sauce*



This Italian cornmeal dish has many uses and variations. It can be served freshly cooked, as a casserole, or as we have here - cooled, cut and heated as an appetizer or hors d'oeuvre. Traditionally, polenta would be made with whole milk, gobs of butter and parmesan cheese. We've lightened it up by using chicken stock, less butter, and parmesan cheese but a smaller amount of the best variety. The flavour has been intensified by our Herbs from Provence and Sun Dried Tomato Sauce.

ingredients

- 4 Cups** Chicken Stock - if you don't make your own stock, use a canned chicken or vegetable broth, or water
1 Tsp Salt, to taste
1 Cup Cornmeal
1/4 Cup Butter, unsalted
1/4 Cup Parmesan Cheese, freshly grated (try to use Parmigiano-Reggiano as it has intense flavour)
1 Tbsp **Herbs from Provence**
1 Cup **Sun Dried Tomato Sauce**

instructions

QUICK METHOD: Combine the stock, salt, and cornmeal. Stir and bring to a boil. Reduce the heat and continue stirring until the mixture has thickened and leaves the sides of the pan (20 minutes). Proceed to STEP 1

or

TIMELY, BUT BEST METHOD: In a double boiler, on medium heat combine the chicken stock, salt and cornmeal. Stir until smooth. Cover the polenta and cook over simmering water until it becomes thick and smooth (1 1/2 hours). During cooking stir the polenta frequently. Proceed to STEP 1

1. Add the butter, parmesan cheese, and Herbs from Provence. Mix thoroughly and turn the polenta into a non-stick baking dish. Cool to room temperature, cover and refrigerate for at least 2 hours or up to 4 days.

2. Preheat oven to 450°F. Turn the polenta out of the pan and cut into desired shapes. Spray baking sheet with vegetable oil. Place the polenta on the sheet and bake until golden and crisp, about 10 minutes per side.

Serve with Sun Dried Tomato Sauce for dipping.

Serves 10.