
KITCHEN CONNAISSEUR

Deliciously Baked Polenta Fries



These delicious baked polenta fries can be made several ways. If you're short for time we recommend the "Rapid Method." If you have some time and like to cook we recommend the "Quick Method," and if you have plenty of time and love to cook we recommend the "Timely-But Best Method." Just make sure to make these lovely fries! You'll find that the crisp outer fry capsules a flavourful and creamy interior.

ingredients

4 Cups	Chicken Stock – home-made or canned, or vegetable broth, or water
1 tsp	Salt, to taste
1 Cup	Cornmeal
1/4 Cup	Butter, unsalted
1/4 Cup	Parmesan Cheese – ideally Parmigiano-Reggiano
1 Tbsp	Tuscan Herb Blend
2 Tbsp	Roasted Garlic Olive Oil

Makes 6 servings

Preparation time: approximately 1 hour (does not include the time that the polenta rests in the fridge.)

instructions

RAPID METHOD: Ignore the polenta ingredients above and purchase tubes of prepared polenta. Unwrap and cut each tube of polenta in half crosswise. Then cut each half lengthwise into 8 wedges. Lightly roll the wedges in our Tuscan Herb Blend. Proceed to STEP TWO...

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 ONE. 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 ONE.

1. Add the butter, parmesan cheese, and Tuscan Herb Blend. 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. Brush a baking sheet with Roasted Garlic Olive Oil. Place the polenta on the sheet brush the tops of the fries. Bake for 20 minutes, turning once at half time. Bake until golden and crisp.

Serve hot, as a snack with aioli for dipping, or as a side to a meal of fish, chicken or meat.