



Just Recipes.

Herbed Polenta Fries

Ingredients

Serves 4-6

3½ cups [875 ml]	chicken stock
1 cup [170 g]	instant polenta
3 tbsp [30 ml]	butter
¼ cup [60 ml]	finely grated parmigiano-reggiano
1 tbsp [15 ml]	chopped rosemary leaves
1 tbsp [15 ml]	oregano leaves
1 tbsp [15 ml]	thyme leaves
1 tbsp [15 ml]	sea salt
	freshly ground black pepper
	olive oil, for brushing



Method

Place the stock into a large saucepan over medium heat and bring to the boil.

Gradually whisk the polenta into the stock. Cook, stirring, for 2-3 minutes, or until thickened.

Remove from heat, add the butter, parmesan, herbs, a good pinch of sea salt and some freshly ground black pepper. Stir to combine. Spoon into a 9" x 13" [23 x 33 cm] lightly greased baking pan and spread to 1 cm thick. Refrigerate for 30 minutes or until set.

Preheat oven to 425°F [220°C]. Cut the polenta into ½" x 4" [2 x 10 cm] fries and brush lightly with oil. Place on a lightly greased baking tray and bake for 20-25 minutes, rotating the fries halfway through, until golden and crisp.

Serve with mayo or aioli.