



Fried Crispy Polenta with Rosemary and Salt

Ingredients:

- 1 x firm polenta batch
- Handful of grated parmesan
- Salt
- Ground black pepper
- 2 handfuls of polenta grains (raw)
- 1 handful of fresh rosemary, chopped, sunflower oil for frying

Method:

1. Make your polenta and when you remove it from the heat, stir in parmesan and season to taste. *Add some chopped rosemary*
2. Spread out onto an oiled tray and put in fridge to cool and set (2.5cm thick)
3. Once set cut into large thumb size pieces. Dust all the pieces with polenta grains
4. Place a deep saucepan on a high heat and add sunflower oil for a deep-fry
5. Put a handful of polenta pieces into a small sieve and lower into the oil. They should bubble away and lower into the oil. They should bubble away and start cooking. If not, your oil is not hot enough. They should take about 4 minutes or until golden. Add some rosemary for last 20 seconds
6. Remove polenta and rosemary and put onto some paper towel to drain
7. Repeat in batches until all done
8. Season with salt and serve