

Australian Native Food Education Kit

Pepperleaf Parmesan Polenta

A classic Italian staple with an Aussie twist! Polenta can be eaten soft and “wet” as well. Try the baked shapes with Wild Basil Napolitana Sauce, or they are great cut into Polenta Chips and crisped up.

500 ml chicken stock
100g polenta – fine (instant)
1 dsp butter – unsalted
1/2 tsp Salt

1 tsp pepperleaf – fine ground
50ml cream
20g Italian parmesan – grated

Bring stock, salt, and the butter to the boil in a saucepan, reduce the heat. Slowly add polenta whisking constantly and return to a gentle simmer. Stir frequently with a wooden spoon or rubber spatula and cook over the lowest heat for 5-8 mins. (Or longer if you are using coarse polenta). Polenta will spit as it bubbles away, so keep covered during cooking.

When cooked, stir in the parmesan, pepperleaf and cream, and then spread onto a greased shallow baking dish 2-3cm thick. (The dish may be lined with Silicon baking paper; this makes it really easy to unmould later!)

Smooth over with a wet spatula or scraper, and cool completely in the fridge. Cut into shapes, triangles or rectangles, or crescents using a biscuit cutter.

Place your shapes onto a baking tray lined with silicone baking paper. Brush with melted butter Or you can spray with olive oil.

when you're ready to serve, pre heat your oven to very hot, and bake quickly to brown the edges and heat through. Another way is to pan fry the polenta pieces with a little olive oil and/or butter in a non-stick frying pan.