

Kiwi Organics Cookbook

grilled polenta slices

ingredients

- 3 cups of Kiwi Organics polenta
- 6 cups of water / stock
- ½ tsp sea salt

Bring all the ingredients to the boil and cook for about 15 minutes while stirring frequently to prevent it sticking to the pot. Add more water if it gets too thick.

Rinse a loaf tin with cold water, discard the water and fill with the hot polenta mix. Let cool down, best over night. Remove loaf tin and cut into 1cm thick slices and grill in the oven / on a BBQ.

At the same time you may grill half tomatoes, salami slices, egg plant slices, bacon, mushrooms, onion, garlic, Courgette etc.

More toppings: Feta cheese, sun dried tomato, basil pesto, sweet chilli sauce.

When the polenta is nice and brown, place it on a plate set a grilled tomato on top, garnish with a basil leaf and anchovy. Or place a slice of salami on top and sprinkle some balsamic vinegar over it.

Serves 8 -10

Polenta is great on the BBQ, you can basically cook it all outdoors – just have the polenta prepared then experiment! Great for entrée and after school snacks.

