



Kiwi Organics Chef's Choice

Polenta Cookbook

sue's polenta cardamon christmas star biscuits

A great dessert biscuit to serve with coffee, these tasty cookies will keep fresh in an airtight container for weeks.

To prepare: 10 mins

To cook: 30 mins

- 250g butter
- 125g icing sugar
- 250g high grade flour
- 50g custard powder
- 50g polenta or corn grits, or coarse cornmeal
- 1tsp crushed cardamon seeds
- finely grated rind of 1 lemon

Cream butter and sugar until fluffy. Add all other ingredients and mix until it forms a ball. Press out onto a piece of baking paper or plastic wrap and chill for about 30 mins, then roll out to 1.5cm thickness. Use a cutter to cut shapes eg stars. Place on a greased baking tray and bake in a pre-heated 150 degrees C oven for about 30 mins or until pale gold. Remove from tray and cool on a baking rack.

Makes about 30 medium stars.

