



**Kiwi Organics Chef's Choice**

## *Polenta Cookbook*

### polenta – martin bosley's recipe

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c/- TVNZ Good Morning Show

- 350g polenta
- 2 litres chicken stock or water
- 150g unsalted butter
- 200g parmesan cheese, grated
- salt and freshly ground black pepper

In a deep pot bring the chicken stock or water to a vicious boil. Pour in the polenta in a thin stream, whisking all the time, until completely blended. Reduce the heat to the barest simmer, and cover with a lid. Stir occasionally with a wooden spoon, and cook for 45 minutes at a bare minimum, 2 hours preferably. Check the polenta frequently, and do not worry if a skin forms around the pot - it is easily washed off. Once the polenta begins to come away from the sides of the pan, and has become thick and creamy, stir in the butter and Parmesan. Season lightly and transfer the polenta to an oiled shallow baking tray and spread out evenly. Cover with a cling-wrap and refrigerate until set. Once it is completely cold cut it into shapes and either grill or shallow fry until crisp and golden brown.

You can serve the polenta straight from the pot if you wish, as 'wet' polenta. This is especially delicious under casseroles, or braised lamb shanks.

Polenta ideas

Wet, with braised beef

Wet with chicken coq au vin

Wet, with mascarpone cheese

Grilled, with sweet chilli jam

Grilled, with prosciutto

Grilled, with mushroom ragout

Grilled, with steamed clams

Makes enough for 6-8 people

