



Kiwi Organics Chef's Choice

Polenta Cookbook

purple corn chips

The purple corn by itself it turns out too mealy, dry and strong tasting which is why I have the yellow corn in this recipe. Purple Corn has a higher antioxidant level than blueberries so it is great to add to your recipes!

- 2 cups Organic Yellow Corn (fresh or frozen)
- 12 teaspoons Ground Purple Corn
- Sea Salt to taste
- Black Pepper to taste
- Paprika (optional), to sprinkle on top
- ½ Red or White Onion

Thaw out the yellow corn if you are using frozen (it is harder to blend when too frozen).

Grind up enough Purple Corn Kernels for 12tsp. either in your blender or coffee grinder if you have one (there are a few sites where you can buy purple corn kernels – just do a search).

Blend all ingredients in blender. I would blend yellow corn first than add purple corn little by little to make it easier. Add water to help with the blending if necessary but mixture should stay on the thick side.

Note: You can add other veggies or spices if you want to. Like carrots or red peppers. For spicy chips, you can add cayenne or other spices you like.



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Once mixed, there are two ways you can dehydrate these:

1. Make nice little circular chips. I do this because I like my chips shaped nice and already shaped so I don't have to do it later. I use a round open cookie cutter. I use about one heaping teaspoon of the batter per chip in the cookie cutter.(you can use other shapes of cookie cutters too if you want).
2. You can spread out the entire mixture on your dehydrating sheet and score the chips later in whatever size and shape you want.

Chips should be as thin as you can get them but not too thin. I think it is about 1/8 to 1/4 inch thick. You can make the chips thicker but they will take longer to dehydrate to get them crispy.

Sprinkle with salt and optional paprika before dehydrating at around 105.

It should take several hours for the chips to get hard (4 or 6) and than you can turn them over. Just keep checking them for desired crispy-ness.

Makes around 30 chips

