



Kiwi Organics Chef's Choice

Polenta Cookbook

roasted walnut & blue cheese polenta

- ¼ cup oil
- 2 cloves garlic, crushed
- 1 cup fresh walnut pieces, hazelnuts or almonds, chopped coarsly
- Pinch cayenne
- 3½ cups water
- 1 tsp salt
- 1 cup Kiwi Organics polenta, preferably instant, or medium ground Kiwi Organics cornmeal.
- ½ cup finely grated parmesan
- 100g blue cheese, crumbled
- Freshly ground pepper

Heat oil in pan, add garlic and nuts and cook gently for 5-8 minutes until nuts are golden. Set aside. Heat water to a simmer in a heavy pot. Add salt then pour in the polenta in a steady stream while stirring constantly. Cook to packet instructions. Cornmeal will take about 20 minutes. Once cooked stir in nuts and garlic with their oil, the parmesan and half the blue cheese. Season with pepper. Serve hot in spoonfuls like a pureé or spread mixture in a oiled tray and leave to cool then cut into triangles and grill or pan fry until golden.

To prepare: 10 minutes

To cook: 20-30 minutes

Serves 4

