

## *Polenta Chips*

REF:

Cuisine: Italian

**Serves 4**

Preparation Time: 15 Minutes

Cooking Time: 25 Minutes (plus 1 hour chilling time)

**Ingredients:**

100g Quick-cook Polenta  
20g Butter  
25g Parmesan cheese, freshly grated  
30g Plain Flour  
1 Large egg, beaten  
40g Panko breadcrumbs  
Vegetable oil for deep-frying

**Method:**

1. Bring 400ml of well-salted water to the boil in a saucepan and add half of the butter.
2. Pour in the polenta in a steady stream, whisking as you go. Then cook for 1-2 minutes, stirring continuously.
3. Remove from the heat, cover tightly and let cook in the residual heat for 15-20 minutes until the polenta grains are soft and the consistency quite stiff.
4. Line a tray with cling film. Mix the rest of the butter and the Parmesan into the polenta using a rubber spatula.
5. Taste and season with salt if needed.
6. Spread the polenta evenly in the tray to a thickness of about 1.5cm. Chill for at least 1 hour.
7. When ready to cook, cut the polenta into chips about 7cm long and 1.5cm wide.
8. Put the egg, flour and panko into separate bowls.
9. Dredge the polenta chips in the flour, dip into the egg to coat and finally into the breadcrumbs.
10. Deep fry them in batches at 200°C until golden brown, about 1-2 minutes. Do not overcrowd the pan or the frying basket.
11. Drain on a wire rack

**To Serve:**

**Chef's Notes:**

Great with Provençal Vegetables – see recipe