

Rosemary Polenta Bites with Truffle Mayo

recipe by Nicola Moores

Gluten-free, vegetarian, refined-sugar free.

Serves 4

Prep Time: 15 minutes (+ 2-8 hours for the polenta to set)

Cook Time: 35 minutes

Ingredients:

Polenta:

Extra virgin olive oil (for greasing)

4 C water

4 tsp vegetable broth powder

1 C fine polenta

1 tsp flaky sea salt

½ tsp freshly ground black pepper

75 g butter, cubed (optional)

75 g parmesan, finely grated (optional)

Polenta Bites:

2 Tbsp extra virgin olive oil

Flaky sea salt

Freshly ground black pepper

2 Tbsp fine polenta

4 sprigs rosemary, stems removed & roughly chopped

4 cloves garlic, peeled & crushed (optional)

To Serve:

Sabato Truffle Mayonnaise

Method:

To prepare the polenta, start by greasing a 30 x 20 x 3cm baking tray with olive oil and set aside.

Put the water in a large saucepan, add the broth powder and whisk to combine. Bring the water to the boil, pour in the polenta and whisk vigorously for 5 minutes or until thick, smooth and creamy. Remove from the heat and whisk through the seasoning followed by the butter and parmesan if using.

Pour the polenta into the baking tray and spread out with a spatula, smoothing off the top.

Set aside to cool in the fridge for at least a couple of hours, preferably overnight, until completely firm and solidified.



To prepare the polenta bites, preheat the oven to 220°C fan bake mode.

Turn the polenta out onto a cutting board and either tear into bite-sized pieces or cut into 3 x 3 x 3cm cubes.

Gently spread the bites out in one single layer on a large baking tray or on two smaller ones. It's important to not overcrowd the tray/s so that the polenta bites have enough room to crisp up.

Drizzle with the oil, season to taste with salt and pepper, sprinkle over the polenta and rosemary and gently shake the tray so that the bites are well covered.

Bake in the oven for 30-35 minutes or until golden and crispy, remembering to give the tray a good shake to turn the polenta bites halfway through the cooking time. Once they start to crisp up you won't have to be as gentle as they'll be easier to turn.

If using the garlic, scatter over the polenta bites in the last 5 minutes of the cooking time.

Enjoy right away whilst still warm dunked into copious amounts of the truffle mayo.

NB: For a dairy-free vegan alternative, simply omit the butter and parmesan.

NB: The polenta can be prepared well in advance and kept on the tray in the fridge for up to a few days before cutting into bite-sized pieces and baking.

