

Baked or Fried Polenta

Baked or fried, this polenta dish is flavorful, easy and vegan. It's a perfect gluten free alternative, higher in fiber than white rice or potatoes.

The choice of seasonings and ingredients, as well as the lack of cheese in the recipe, was designed to make this polenta as versatile as possible.

Whatever method you chose, the results can be cut, made into patties, frozen, and fried or re-baked for later use.

At the restaurant, we shape the polenta into triangular pyramids, freeze them and then we 'fry' the polenta on all 4 sides before serving. Covering the pan as you do this guarantees that the polenta will be hot on the inside and crispy on the outside.

2 cups	Vegetable Broth—see <i>Miscellaneous</i>
1/4 can (14.5 oz)	tomatoes, fire roasted and diced
1 Tbs	parsley flakes
1/2 tsp	marjoram
1/8 tsp	basil
1/8 tsp	salt
1/8 tsp	black pepper
2 Tbs	pimento, diced
1/2 cup	polenta cornmeal

Procedure

- Mix one half of the vegetable broth with the polenta.
- Put all of the spices, canned tomatoes and the other half of the broth into a pot. Bring to a boil.
- Add the pimento. Stir in the polenta/broth mix. Lower to a high simmer and cook until thick, stirring regularly. **NOTE:** Be careful, the polenta might "spit", and it will burn if it gets on your skin.
- Shut off heat and stir well for a full minute or more.
- When cool enough to handle, but still warm, **EITHER:**

Method 1

- Pour onto a non-stick cookie sheet sprayed with pan spray. Bake in a 450°F pre-heated oven for 20 minutes. Slice into 8 portions and serve.

Method 2

- Pour onto a wooden board or a cookie sheet. Allow to cool enough to easily hold in one's hand. Shape into 8 patties. Let cool 10 minutes more.
- Heat extra virgin olive oil in a large skillet. Place **ONLY** 1 drop of water into oil. Heat until the water is boiled away, being careful not to allow the hot oil to splatter you.
- Carefully place the polenta patties into the hot oil and fry on both side until golden brown. Drain on a paper towel. Serve.

Servings: 8