

# 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 Miscellaneous
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**