



Polenta crust

Equipment

- Chopping board and knife
- Saucepan
- Frying pan

Ingredients

- 2 cups fine polenta
- 6 tbsp olive oil
- pinch salt
- 250ml hot water

What to do

Task 1 : Combine

Mix the polenta in a bowl with the hot water, pinch salt and 3 tbsp olive oil. Mix well.

Task 2 : Shape

Take a walnut size of the mixture and flatten it in to a fat disc. Continue till all the mixture is shaped into discs.

Task 3 : Fry

Heat the remaining olive oil in a frying pan and add a layer of the polenta discs into the warm oil. Leave until first one side and then the other side is golden brown and forms a crust. This should take about 7 minutes each side.

Task 4 :

Serve warm with vegetables.



Source: Antonio Carluccio