

Miele

Crispy polenta bites

By Maggie Beer

5 minutes, plus setting time

Preparation time

1 hour 15 minutes

Cooking time

25 pieces

Serves



INGREDIENTS

500 ml (2 cup) vegetable stock
250 ml (1 cup) water
170 g (1 cup) coarse polenta
3 tsp salt flakes
60 g parmesan, finely grated
1 sprig rosemary
Extra virgin olive oil

Miele accessories

Steam containers
Baking tray

METHOD

1. Place the vegetable stock and water into a deep unperforated steam tray, place into the steam oven and Steam at 100°C for 10 minutes.
2. Remove from the oven and whisk in the polenta until combined. Return to the oven and Steam at 100°C for 15 minutes. Stir in the salt and parmesan. Steam at 100°C for 5 minutes.
3. Remove from the oven and stir vigorously for 2-3 minutes with a wooden spoon until smooth and creamy. Transfer to a paper-lined narrow unperforated steam containers and leave until set.
4. Preheat the oven on Fan Plus at 220°C with Crisp function activated.
5. Cut the set polenta into 3cm cubes, coat with olive oil and arrange onto a baking tray. Place on shelf level 2 and bake until crisp and brown, approximately 35 minutes. Turn over after 20 minutes to equal the amount of crisp on each side.
6. Lightly fry a sprig of rosemary in olive oil for two minutes until crisp, remove and set aside. Serve crispy polenta with a drizzle of extra virgin olive oil and the picked leaves of crisp rosemary.

Additional appliance method

Oven with AirFry

- Miele's new AirFry function (available in selected ovens) creates crispier results compared to using the regular Fan Plus setting.
- This recipe can be cooked using the same setting as above but using AirFry instead of Fan Plus. Cooking times may be reduced.

Notes

- Crisp and flavour can vary in this recipe depending on the age of the polenta being used. Instant polenta is easily accessible all year round, however it should still be used before it's best before date.
- For an incredible, authentic polenta experience try finding a new season polenta from a local biodynamic producer.