



Fried Polenta

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Ingredients

- 100 g Polenta (course yellow mielie meal)
- 1 Wedge creamy blue cheese
- 2 Eggs
- Flour for frying (recipe on website under herb & spice)
- Crumbs

Method

- Bring 250 ml salted water to the boil.
- Add the Polenta and cook on medium heat stirring all the time for 2 minutes.
- Spoon the warm Polenta onto a piece of plastic and spread about 5 mm thick.
- Cover with plastic and allow to cool.
- When Polenta is cold cut in squares about 4 cm wide.
- Cut the cheese in slices using a wet knife warmed in water.
- Cut the cheese 3 cm wide.
- Carefully brush the Polenta with egg then place a slice of cheese on top and brush again with egg and place another piece of Polenta on top.
- Carefully roll the Polenta "sandwich" in the flour then in egg and then in crumbs.
- Place in freezer for 1 hour.(should be hard)
- Remove from freezer straight in the hot oil.
- Fry until golden brown.

Best serve hot after frying.

Make 8 Polenta fritters