

Polenta with Fig



Serves: 20-24

Profitability:

Steps:

Bring the stock to the boil in a large saucepan. Combine the polenta, salt and oregano then quickly whisk them into the boiling liquid. As soon as it comes to the boil again, reduce the heat and exchange your whisk for a wooden spoon. Simmer the polenta, stirring regularly, for about 10 minutes or until thick and porridge-like. Be careful as it will splatter volcanically.

Line a baking tray with parchment paper and quickly spread the polenta evenly over it so it is no more than 1cm (½in) thick. Use a dampened pallet for at least 30 minutes. (The recipe can be prepared up to two days in advance to this stage.)

Using a 3-4cm (1¼-1½ in) round cutter, cut out rounds from the polenta. Brush both sides of each round with olive oil and cook the wedges either under a hot grill or in a griddle pan, turning once, until golden and crisp. Alternatively heat 1 tbsp oil in a non-stick frying pan and fry both sides until golden brown, about 2 minutes each side.

Place the polenta rounds on a serving platter. Put a dollop of fig and red onion relish on each round and top with a small cube or crumble of goat's cheese and a grind of black pepper. Serve warm or at room temperature.

Ingredients:

Vegetable stock or cold water 1 litre

Polenta or coarse maize 250g

Salt 1 tsp

Dried oregano 1 tsp, optional

Olive oil 1-2 tbsp

Fig and red onion relish

Goat's cheese 75g

Freshly ground black pepper

Author: Pippa Cuthbert & Lindsay Cameron Wilson