



Crunchy Polenta with Raita Dipping Sauce

40 minutes

Hands on

6-8

Portion(s)

1

Difficulty



Method

- Place a pot over medium heat.
- Add the milk and water. Bring to a boil and simmer for 3 minutes.
- Add the polenta and lower heat.
- Whisk for 5 minutes, until the polenta is completely incorporated and the mixture thickens.
- When ready, remove from heat and add the butter, parmesan, salt, pepper, paprika and thyme.
- Whisk until all of the ingredients are completely combined, making sure no lumps are allowed to form.
- Line a 20x25 cm baking pan, which is at least 4 cm deep, with parchment paper.
- Transfer mixture to the baking pan and smooth the surface.
- Set it aside for 20 minutes and then refrigerate for 1 hour, until it thickens and becomes more firm.
- Turn out the polenta onto a clean working surface and cut into pieces. You can make them any kind of size and shape you like. (ex. sticks that are 1x5 cm)
- Place a pan over medium heat and add 1 the first tablespoon of sunflower oil.
- Add the pieces of polenta in batches and cook for 2-3 minutes on each side, until they become crunchy and golden.
- Repeat the same process with the remaining pieces of polenta, adding 1 tablespoon of sunflower oil for each batch.
- When ready, transfer to a plate lined with paper towels and allow to drain from excess oil before serving.

For the Raita dipping sauce

- Remove any seeds from the cucumber and cut in to 3 mm cubes. Transfer to a bowl.
- Quarter the tomato. Remove any seeds and cut in to 3-4 mm cubes. Add to the bowl.
- Finely dice the onion and add to the bowl.
- Add the yogurt, parsley, cumin, salt and pepper.
- Stir with a spoon, check seasoning and serve.

Ingredients

- 450 g milk
- 500 g water
- 250 g polenta
- 50 g butter, at room temperature
- 70 g parmesan cheese, grated
- 1 teaspoon(s) salt
- 1 teaspoon(s) pepper
- 1 teaspoon(s) thyme, fresh
- 3 tablespoon(s) sunflower oil

For Raita dipping sauce

- 1 cucumber, medium
- 1 tomato
- 1 onion
- 250 g strained yogurt
- 2 tablespoon(s) parsley, finely chopped
- 1 teaspoon(s) cumin, ground
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

226 Calories (kcal)	15.8 Total Fat (g)	7.4 Saturated Fat (g)	12.3 Total Carbs (g)
11%	23%	37%	5%
7.0 Sugars (g)	8.0 Protein (g)	0.84 Fibre (g)	0.49 Sodium (g)
8%	16%	3%	8%