



JERNEJ KITCHEN

CRISPY FRIED POLENTA WITH BABA GANOUSH

Fried polenta? Crispy and golden on the outside and super soft and tasty on the inside. Serve with eggplant dip or Baba Ganoush and enjoy.

SERVES	4	PEOPLE (SIDES)
PREPARATION:	50	MINUTES

CRISPY FRIED POLENTA

700 ml water
180 g instant polenta (6.3 oz)
1 tbsp butter
20 g parmesan cheese
80 g cornmeal (3 oz.)
500 ml vegetable oil (for frying)

BABA GANOUSH

4 medium eggplants
2 cloves of garlic
2 tbsp tahini
2 tbsp olive oil

TOOLS AND EQUIPEMENT

large saucepan
tart pan approx. 35 x 11 cm /
14 inch x 5 inch
plastic wrap
pan
pot

COOK THE POLENTA

Bring water and salt to a boil in a large saucepan. Pour polenta slowly into the boiling water, whisking constantly until all polenta is stirred in and there are no lumps. Continue whisking and cook for about 2 - 3 minutes. Remove from the heat, add the butter and grated parmesan cheese. Whisk to combine.

POLENTA

Line plastic wrap over a baking dish (we used a tart pan approx. 35 x 11 cm / 14 inch x 5 inch). Pour the polenta into the prepared baking dish, spread evenly and then cover with plastic wrap. Let it cool to room temperature, then place in the fridge for about 1 - 2 hours.

SMOKY EGGPLANTS

Place eggplants directly over heat. Cook, turning occasionally with tongs, until eggplants are completely tender and well charred on all sides, for about 10 - 15 minutes or until they are black on the outside. Wrap with foil and let rest 5 - 10 minutes. Discard the black skin and finely chop the flesh of the eggplants.

SMOKY EGGPLANTS

Place a medium pan over medium high heat. Add the eggplants and thinly chopped garlic. Cook for about 10 minutes, then remove from the heat. Transfer into a bowl. Add tahini, olive oil, salt, pepper and two tablespoons of water. Stir to combine. The mixture should become creamy. Season to taste.

FRY THE POLENTA AND SERVE

Unmold the polenta and discard the plastic wrap. Cut the polenta into twelve rectangles (approx. 3 x 11 cm / 1-inch x 4-inch). Place cornmeal on a plate. Roll each rectangle in cornmeal. Place a deep pot over medium-high heat. Pour in the

vegetable oil and let it heat until it reaches 180 °C / 350 °F. Working in three batches, fry the polenta rectangles for about 4 minutes or until golden brown and crispy. Make sure the oil cover the rectangles. Serve with baba ganoush and enjoy.