



## 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.