

Garlic polenta fries with roast courgette & tomato chutney

The North Italian staple polenta is simply ground maize and despite being fairly dull on its own, and has an immense ability to take on flavours in the same way that cous cous, bulgar wheat or even rice do. In this dish, it is simply favoured with stock and garlic but to wonderful effect.

Ingredients (to serve four)

- 4 cloves garlic - crushed
- 1 knob butter
- 300g polenta
- 500ml vegetable stock
- 250ml milk
- 2 courgettes - sliced at an angle
- 1 slug of olive oil
- 1 red onions - finely chopped
- 1 cloves of garlic - crushed
- 1 kg ripe tomatoes
- ½ tsp salt
- 50ml Balsamic vinegar
- ½ tbsp black pepper - cracked
- a handful parsley

Method

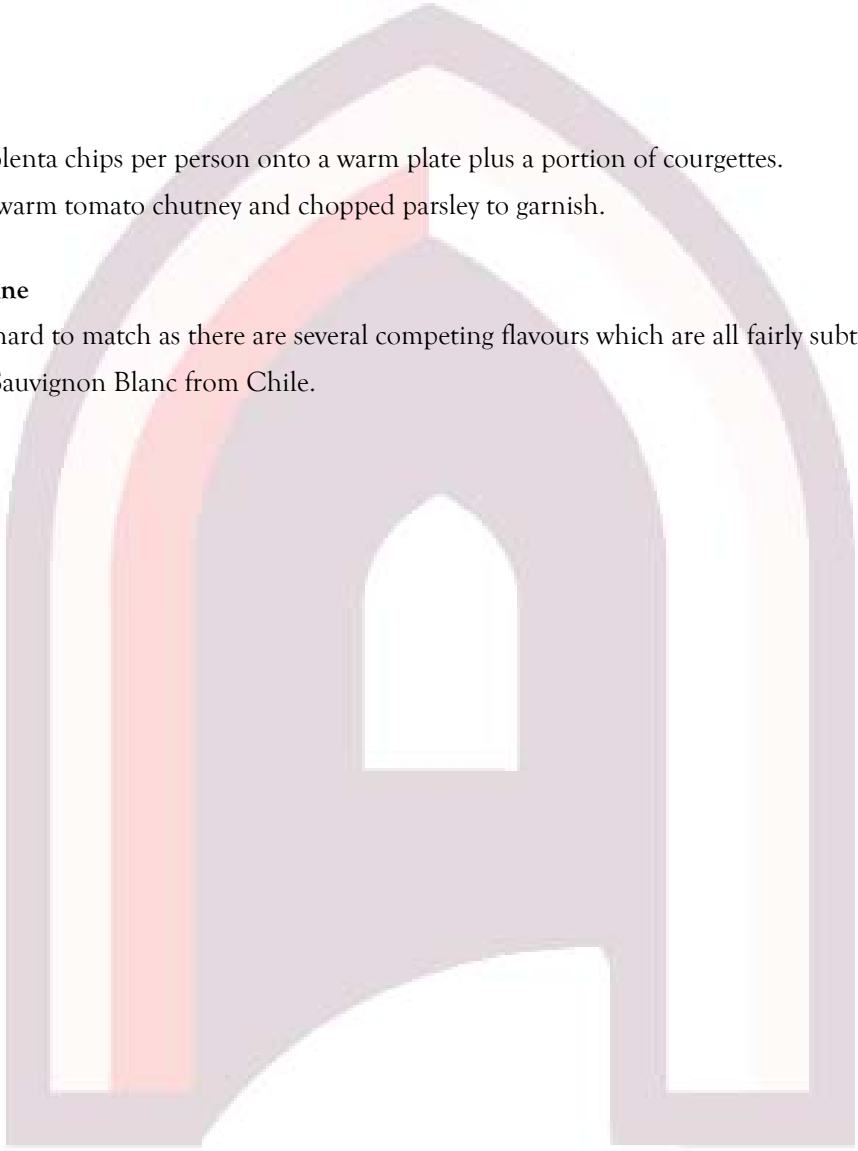
- Gently fry garlic in butter without colouring and add stock and milk, bring to the boil and season.
- Gradually whisk in polenta until it becomes a thick porridge consistency.
- Gently cook for 25 minutes (but don't let it burn!).
- Pour out into greased tray, no more than 2cm thick.
- Cool, cut into 'thick chip', roll in flour and deep fry until crisp.
- Fry courgettes until brown
- To make the chutney, sweat onions and garlic until soft.
- Turn up the heat and add the tomatoes and salt.
- Boil down for a few minutes (without burning!) before adding balsamic and pepper.
- Cook to a syrupy consistency.

Assembly

- Stack 8 polenta chips per person onto a warm plate plus a portion of courgettes.
- Top with warm tomato chutney and chopped parsley to garnish.

Recommended wine

This dish is quite hard to match as there are several competing flavours which are all fairly subtle. However, I'd suggest a citrusy Sauvignon Blanc from Chile.



BLACKFRIARS

RESTAURANT & MEETING ROOMS

Blackfriars Restaurant, Friars Street, Newcastle. NE1 4XN ;
e: info@blackfriarsrestaurant.co.uk t: 0191 261 5945