



PAN FRIED POLENTA

With radicchio, smoked scamorza and walnuts

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Serves

4 people

Region

Northern Italy.

Ingredients available at Mediterranean Foods

Ingredients

- 2 Cups of instant polenta (fine)
- 1 Cup of grated Parmigiano Reggiano
- 1 Teaspoon of white pepper
- 1 Large ball of radicchio roughly chopped
- 1/2 Cup red wine
- 1 Cup of toasted walnut halves
- 250g Sliced smoked scamorza
- Salt
- Butter
- 1 Lt of water
- 2 Shallots sliced

1. In a medium pot bring the water and butter to the simmer. Pour the polenta in, whisking gradually. Cook for three minutes, then add the grated Parmigiano Reggiano and the pepper. Mix the polenta well, then pour it into an oiled terrine shaped container and refrigerate for 4 hours.

2. Sauté the shallots until soft then add the radicchio and let it wilt and cook for 1 minute. Add the wine and let it reduce for a couple of minutes.

3. Take the now firm polenta out of its container and slice into 3cm slices. In a non-stick pan with some oil, pan fry the polenta slices for 4 minutes each side.

4. Top each slice of polenta with the radicchio and shallots. Add slices of smoked scamorza and sprinkle with the walnuts. Serve nice and hot.

Buon appetito!

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