



UNIT 9 - Recipe 17

Polenta Slices

for 2 - 4 Persons

Quantity / Ingredients

750 ml vegetable stock or water with
yeast stock extract

220 g corn semolina (polenta)

a little sea salt

4 tbsp tomato puree

2 cloves of garlic, crushed

3-5 tomatoes - depending on size

Herbs: fresh parsley, herbs de Provence,

Sea salt / pepper

100 - 150 g grated vegan cheese

Preparation:

- Bring the vegetable stock or water to the boil in a pan and season if necessary.
- Pour in the corn semolina (polenta) and cook over a low heat for approx. 15 minutes until the porridge separates from the bottom.
- Spread the polenta out on a greased baking tray.
- Mix the tomato purée with the crushed garlic and spices and brush on. Top with tomato slices and sprinkle with cheese.
- Bake at 200°C for approx. 15 minutes.





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