



Polenta Corn Chips

Season: All

Serves: Makes 50 corn chips

Recipe source: Adapted from a recipe from Mansfield Primary School

Equipment:

metric measuring cups and spoons
large bowl
baking paper
rolling pin
baking trays
skewer

Ingredients:

1 cup polenta
 $\frac{2}{3}$ cup plain flour
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp sweet paprika
1 tsp baking powder
 $\frac{1}{4}$ cup olive oil
 $\frac{1}{2}$ cup cold water
1 tsp sea salt

What to do:

1. Preheat the oven to 200°C.
2. Mix the polenta, flour, salt, sweet paprika and baking powder in the bowl.
3. Add oil and water. Mix to it to form a fairly wet dough.
4. Divide the dough in half and roll each half into a ball.
5. Place one ball on top of a sheet of baking paper, then cover it with a second piece of baking paper.
6. Roll the ball between the sheets using the rolling pin, until it is about 1 mm thick.
7. Lift the top sheet of baking paper and sprinkle half the sea salt over the dough.
8. Replace the paper and roll lightly so the salt sticks to the dough.
9. Transfer the dough, still in the paper, to a baking tray.
10. Take off the top sheet of paper and carefully make lines in the dough with the skewer to form triangle shapes. The triangles should be about 5 × 3 × 5 cm.
11. Repeat with the remaining ball of dough.
12. Bake for 15–18 minutes, or until golden and crisp.
13. Cool on the tray, then break along the lines to form chips.

