

Antipasto Polenta Tart

Equipment needed –

A loose-bottomed tart pan, medium saucepan, small knives, chopping boards, whisk, grater, measuring cups and baking tray

Ingredients from the Garden –

- 2 tablespoons of thyme leaves
- 1 zucchini
- 1 red capsicum
- Basil leaves to serve

Ingredients from the Pantry –

- 4 cups of vegetable stock
- 1 1/3 cups of polenta
- 1 cup of grated parmesan cheese
- Chargrilled eggplants
- 100 grams of cherry bocconini
- 100 grams of sundried tomatoes
- ¼ cup of Kalamata olives
- Extra virgin olive oil to drizzle
- Salt and pepper

What to do –

1. Turn a grill onto high (as you also need to use the oven, use the grill on a neighbouring cooking station).
2. Wash the red capsicums, cut into quarters to remove all of the seeds. Arrange the capsicums on a tray and place under a grill. Cook for 15 minutes or until the skins blacken.
3. Preheat your oven to 200°C. and grease a 26cm loose-bottomed tart pan.
4. Measure out 4 cups of vegetable stock and place in a medium saucepan. Add 1 cup of water and place on the stove over a medium heat. Bring to a simmer. Once the stock is simmering, add 1 1/3 cups of polenta in a slow, steady stream, whisking constantly. Cook, stirring occasionally for 10-12 minutes until slightly thickened.
5. Remove the capsicums from the grill once black and blistered, and leave to cool.
6. While the polenta is cooking, grate 1 cup of parmesan cheese and wash and pick 2 tablespoons of thyme leaves.

7. After 10 minutes of cooking, add the parmesan and thyme leaves to the polenta. Season with salt and pepper then cook, stirring for a further 2-3 minutes until the cheese is melted and combined.
8. Pour the polenta into a prepared pan and bake for 20 minutes or until the polenta is slightly crisp on the outside.
9. While the polenta is cooking, peel the blackened skins from the capsicums and thinly slice. Thinly slice the red onion, zucchini, cut the eggplant into strips and tear the bocconcini.
10. After 20 minutes of cooking, remove the tart shell from the oven and top with the sliced onion, zucchini, capsicums, eggplant, sundried tomatoes and bocconcini.
11. Season well with salt and pepper and drizzle with olive oil and bake for another 5-7 minutes until the zucchini is slightly tender and the cheese has melted.
12. Remove from the oven and allow to cool slightly in the pan.
13. Remove the tart from the pan, scatter with the olives and basil leaves, then serve.

Serves –

- 28 students.