

melie's x Panasonic

Crispy Air Fryer Parmesan & Buffalo Mozzarella Polenta Cakes with Roasted Eggplant Caponata Salad & Truffle Crème Fraîche

Cheesy Air Fryer Polenta Cakes:

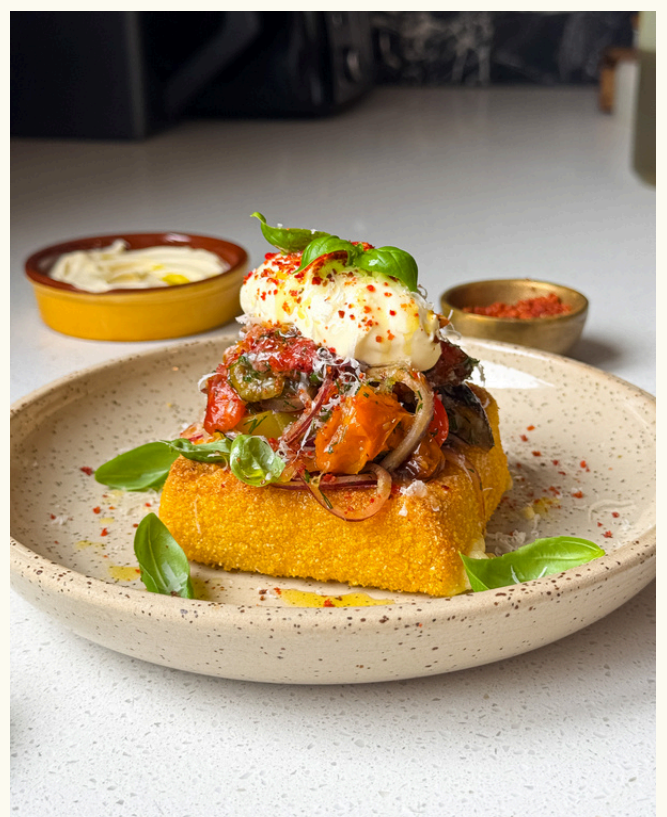
- 1 cup instant polenta, divided
- 2 cups (500ml) chicken stock
- 25g butter, diced
- ½ cup (35g) finely grated parmesan, finely grated on a microplane
- 1 Tbsp crème fraîche
- 2 small free-range eggs
- ½ cup plain flour

Roasted Eggplant Caponata Salad:

- 1 medium eggplant, cut into 3cm chunks
- 2 capsicums, core & pith removed, sliced into 1cm wedges
- 1 punnet (250g) mixed cherry tomatoes
- 6 fat cloves garlic, peeled
- 3 Tbsp drained capers
- 1 tsp chilli flakes
- ½ small red onion, very thinly sliced
- Juice of ½ lemon (about 1 ½ Tbsp juice)
- 2 tsp white balsamic vinegar
- ¼ cup finely chopped herbs (I used dill, but parsley or basil would be good too)

Truffle Crème Fraîche:

- 100g soft goat's cheese or goat's feta cheese
- ½ cup crème fraîche
- 1 Tbsp truffle-infused olive oil



Cheesy Polenta Cakes:

Line a 16cm square tin or lunch box with baking paper. Grease the baking paper with some spray olive oil and set aside.

Add ½ cup of the polenta along with the stock to a medium microwave safe bowl. Season with ½ tsp fine table salt. Microwave on high for 5 minutes, then whisk together until smooth. Return to the microwave for 30 second bursts if the polenta isn't quite cooked yet or it is still liquidy. Add the butter, parmesan and crème fraîche and whisk into the polenta, until combined and smooth. Set aside to cool for a few minutes, before folding through the mozzarella (don't mix it too much as you want the chunks of mozzarella to stay whole and not melt completely into the polenta).

Pour the mixture into the prepared lined tin/lunch box and spread it out into an even layer. Press a sheet of cling film directly onto the surface of the polenta, then place into the fridge to chill for about 2 hours. Meanwhile, make the roasted eggplant salad.

Roasted Eggplant Caponata Salad:

Preheat on the convection bake function to 220°C. Smash 5 of the garlic cloves with the flat side of a knife. Add the eggplant, capsicum, tomatoes, smashed garlic and capers to a large mixing bowl. Drizzle over 2 tablespoons of olive oil and sprinkle over the chilli flakes. Season with 1 tsp fine table salt and toss everything together. Line the enamel round tray with baking paper and spread the veggies out on top. Spread everything into an even layer. Bake for 30-35 minutes, or until the vegetables are tender and golden brown. Return the vegetables to the large mixing bowl and set aside to cool down. Once cooled, finely grate in the remaining 1 clove of garlic. Add the onion, lemon juice, balsamic and herbs and toss everything together. Season to taste with salt and set aside to serve.

Cook Cheesy Polenta Cakes:

Once the polenta is completely cold and set, remove it from the tin and use a large sharp knife to cut it into 4 equal squares.

Preheat the air fryer function to 200°C. Beat the eggs in a shallow bowl with a pinch of salt. Add the flour and remaining ½ cup polenta into two separate shallow bowls. Working one at a time, carefully coat the polenta cakes in the flour, then the egg and finally the polenta to coat.

Place the crumbed polenta cakes into the air fryer basket and place the basket on top of the wire rack. Air fry for about 15 minutes, or until the polenta cakes are golden and crunchy.

Truffle Crème Fraîche:

Use a stick blender or mini food processor to blend the goat's cheese until smooth. Add the crème fraîche and truffle infused olive oil and whisk together, until combined (don't blitz the goat's cheese with the crème fraîche, otherwise it will go runny). Season to taste with salt and set aside to serve.

To Serve:

Serve the polenta cakes hot out of the airfryer topped with the eggplant caponata salad and a dollop of truffle crema. Garnish with some basil and pinch of chilli flakes and a drizzle of olive oil.