

Styrian Pumpkin Seed Oil Polenta (with mushrooms)



Side dish

Kind of recipe



45 Minutes

Preparation



easy

Severity



Ingredients for 6 people

200 g milk 40 g Styrian Pumpkin Seed Oil P.G.I. salt pepper nutmeg 50 g polenta 20 g roasted chopped Styrian pumpkin seeds 10 g chopped hazelnuts 2 finely chopped cloves of garlic

Preparation

Bring the milk with the Styrian Pumpkin Seed Oil P.G.I. and the spices to the boil. Add the polenta and hazelnuts and let cook while stirring constantly. Stir in the garlic and the Styrian pumpkin seeds before serving. Tip: You can bake the mixture on a baking tray at 180°C for a short time and cut it into squares – these can be served in a clear soup. Appetizer variation with mushrooms: Wash and slice the mushrooms, chop the onion finely. Sauté the mushrooms with the onion. Season to taste with chopped parsley, some thyme, salt and pepper. Serve together with the hot polenta squares.

Recipe from Gemeinschaft Steirisches Kürbiskernöl g.g.A. / Foto: Stefan Kristoferitsch