

VEGGIE SLIDERS ON POLENTA

LIVELY LOCAL WINNER - MIDDLE SCHOOL

TEAM: MILTON'S TEAM CUISINE

MILTON TOWN SCHOOL DISTRICT

served with maple Dijon sauce

ingredients

3 cups carrots
2 cups parsnips
2 cups broccoli
1 cup onion
1 cup red peppers
1.5 cups shredded Cabot cheddar cheese
4 eggs
3 cups panko
4 cloves garlic
salt & pepper

3 cups canola oil
2 cups polenta
2 cups shredded smoked Grafton cheddar
1/2 cup Cabot butter
1/2 cup Georgia Mountain maple syrup
1 cup Fox Farm maple mustard
1/2 cup mayonnaise
1 T. Shirazi sauce
1 cup chopped fresh parsley

preparation instructions

Sliders: Place 2 cups carrots, 1 cup parsnips, 2 cups broccoli, 1 cup onion, and 1 cup red peppers in robot coupe and mince to fine dice. Place diced vegetables in fry pan with garlic, salt, and pepper; cook until al dente. Let cool for 15 minutes. Add 4 eggs, Cabot cheddar, and 3/4 cup panko; mix well. Place remaining panko in pan and scoop vegetable blend into panko; form patties. Place made patties on cookie sheet; spray with Pam and bake 12 minutes at 350 degrees. Take remaining carrots and parsnips and make into match stick size. Cook al dente in pan with 2 T. butter, salt and pepper to taste.

Polenta: Bring 8 cups of water and 1 t. salt to boil, slowly add 2 cups of polenta whisking constantly to prevent lumps. Cook 5 minutes. Cover and continue cooking on low heat for approx. 30 minutes; stirring occasionally. Finish polenta by adding Cabot butter and Grafton smoked cheddar. Mix well and spread polenta evenly on cookie sheets and let firm.

Sauce: Mix syrup, mustard, mayonnaise and Shirazi sauce until smooth.

Presentation: With cookie cutter, cut sliders into circles and place on plate, add veggie slider and top with carrots and parsnip sticks. Drizzle sauce on slider and top with chopped parsley. Serve.

local ingredients

carrots * parsnips * onions from West Farm in Jeffersonville

Cabot butter * Cabot cheddar * Grafton cheddar

garlic * eggs from Smitty Brook Farm in Milton

maple syrup from Georgia Mountain in Georgia

maple mustard from Fox Farm in Mt. Holly