

PALMINA



Polenta Panino with a Lemon-Yogurt Dip paired with Malvasia Bianca, Larner Vineyard

3 cups water
1 teaspoon salt
1 cup polenta flour
1 tablespoon Extra Virgin Olive Oil
4 garlic cloves, thinly sliced
8 anchovy fillets
2 tablespoons capers, rinsed and drained
½ cup all-purpose flour
2 eggs

For the Dip:
1 cup Greek yogurt
2 tablespoons parsley, finely chopped
Juice of a lemon
1/3 cup Extra Virgin Olive Oil
Salt & pepper

1. Cook the first three ingredients according to the polenta instructions. Pour into a baking sheet and spread to about ¼" thick. Allow to cool then cut into 2" squares.
2. Blend the dip ingredients until smooth. Adjust the seasoning.
3. In a small saucepan over medium heat, cook the garlic in olive oil until slightly brown. Add the anchovies and capers and stir into a paste.
4. Place the flour on a plate and lightly beat the eggs in a bowl. Pour 3" of cooking oil into a large pan and heat.
5. Place 1 teaspoon of the paste on the smooth side of one polenta square. Cover with a second polenta square, smooth side down. Press together.
6. Dredge the sandwich in flour then in egg and deep-fry 4 at a time until golden brown, about 2 minutes per side.



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