

SIDE DISH

Polenta Fries with Spicy Tomato Dipping Sauce

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$0.98	337 kcal

Polenta Fries with Spicy Tomato Dipping Sauce might be a good recipe to expand your side dish recipe box. For 98 cents per serving, this recipe covers 11% of your daily requirements of vitamins and minerals. One serving contains 337 calories, 9g of protein, and 18g of fat. This recipe serves 4.

Ingredients

- ☐ ½ cup About all-purpose flour
- ☐ 4 servings Basic polenta, optional butter included
- ☐ 4 servings Salt and pepper
- ☐ 4 servings Vegetable oil
- ☐ 4 servings or
- ☐ ½ cup grated parmesan cheese
- ☐ 4 servings Oven-baked polenta, optional butter included
- ☐ 4 servings Spicy tomato dipping sauce
- ☐ 4 servings or

EQUIPMENT Frying pan, Paper towels, Oven, Knife, Baking pan, Spatula, Slotted spoon

Method

- 1

Stir cheese into hot basic polenta.

- 2 Add salt and pepper to taste. Scrape mixture into a buttered 8-inch square baking pan and, with a spatula that has been dipped in water, spread level, 3/4 to 1 inch thick. Chill until very firm, at least 1 1/2 hours and up to 1 day.
- 3 Run a knife around edges of pan to loosen polenta, invert onto a board, and lift off pan. Trim off any rounded edges from polenta (save trimmings for another use).
- 4 Cut polenta in half to form two equal rectangles (wipe knife with a wet paper towel as needed to prevent sticking), then cut each half into strips 1/2 inch wide and 3 to 4 inches long to produce thick fries (or cut strips in half through wider side to produce thin, square-cut fries). Trim away uneven edges.
- 5 Spread about 1/2 cup flour on a rimmed plate and roll each polenta strip lightly in flour.
- 6 Pour 3 inches oil into a deep-fryer set at 375 (or medium-high) or a deep, heavy, 3- to 4-quart pan over medium-high heat. When oil reaches 375, working in batches, lower polenta strips into oil in a deep-fry basket or a few at a time with a slotted spoon; fry until crisp and golden, 7 to 9 minutes.
- 7 Remove with basket or slotted spoon.
- 8 Drain briefly on paper towels, then transfer, in a single layer, to baking pans and keep warm in a 200 oven.
- 9 Sprinkle fries with salt and serve with spicy tomato dipping sauce.

Nutrition per serving

	337 KCAL	9 g PROTEIN	18 g FAT	36 g CARBS
Saturated Fat				4.2 g · 26% of daily needs
Fibre				2.6 g · 10% of daily needs
Sugar				4.5 g · 5% of daily needs
Sodium				994 mg · 43% of daily needs
Cholesterol				10.9 mg · 4% of daily needs
Vitamin C				8.6 mg · 10% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/polenta-fries-with-spicy-tomato-dipping-sauce-148490