

Ingredients:

- * 250 g Maize flour
- * 1 L Water
- * Olive oil
- * Salt
- * Dried herbs (such as oregano, basil, and thyme)

Steps:

1. Bring water to a boil in a large saucepan.
2. Salt the boiling water, then gradually stir in the maize flour using a wooden spoon.
3. Stir the mixture continuously for 10 minutes, until it becomes thick and leaves the sides of the saucepan.
4. Pour the polenta onto a baking sheet lined with parchment paper and shape it into a rectangle.
5. Refrigerate the polenta until it cools to a temperature of 4 degrees Celsius.
6. Once the polenta is cool, cut it into slices, then into thin strips, about 6-8 cm long and 1.5 cm square.
7. Lightly brush the sticks with olive oil and coat them in a mixture of maize flour and dried herbs.
8. Arrange the sticks on a PAN.FRY tray and bake them at 200 degrees Celsius for 1 hour.