

Polenta Recipe

Polenta is a traditional Italian dish made from coarse corn meal. It is versatile, simple to make and very delicious. It can be served as a hot grits or porridge with a many kinds of savory toppings, such as a breakfast dish with poached eggs or with meats, mushrooms or veggies prepared in your favorite way, with a tomato sauce and many other options. You can also chill the polenta then slice it and fry or bake it as a delicious crispy corn side dish or as fries.

Ingredients:

4 - 6 Servings

4 - 5 cups water (or broth)

1 cup coarse cornmeal (very important that is is not instant or fine, must be coarse)

2 tablespoons butter or oil, optional

salt, to taste

herbs and spices, optional (dried thyme, basil, oregano, rosemary, chili flakes, black pepper, dill, cheese etc...)

oil for frying

Proudly presented by:



NELSON
community food centre

Instructions for Making Polenta

Grits or Porridge

1. Heat water or broth in a pot over medium heat until almost boiling.
If planning to make fried or baked polenta: only add 4 cups of water.
1. Once water is almost boiling, whisk in cornmeal and continue stirring continually until it starts to thicken.
2. Season with salt and herbs/spices to taste, and stir to combine.
3. Reduce heat to just below medium, stirring every 4-5 minutes, until the polenta pulls away from the side of pot and the cornmeal is soft, approximately 40-45 minutes.
4. Remove from heat and stir in butter or oil, if desired.
5. Taste and add more salt, if needed.
6. Serve grits or porridge polenta immediately as a side dish or top with your favorite savory main dish.

Fried or Baked

1. Once you have cooked your polenta, place it into a mold (bread pan, baking tray or plastic container lined with parchment paper or oiled). You can also pour it onto parchment paper and roll into a log.
2. Put into the fridge for a few hours or overnight.
3. Remove your chilled polenta, cut into desired size and shape.
4. To fry, heat up pan on medium heat, then add oil and fry till browned.
5. To bake, heat oven to 450F. Place polenta on a baking tray, drizzle with oil and sprinkle with salt, pepper and herbs. Bake for 15-20 mins.
6. You can top with tomatoes, cheese, pesto or use to dip in sauces.

Proudly presented by:

