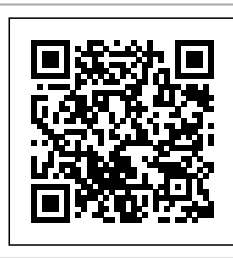


Polenta



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Recipe by: Laura Vitale

Serves 6-8

Prep Time: 5 minutes

Cook Time: 20 minutes

Ingredients

__ 3 cups of Chicken Stock

__ 1 1/2 cups of Whole Milk

__ 1 1/2 cup of Half and Half

__ 1/4 cup of Unsalted Butter, at room temperature

__ 1 cup of Freshly Grated Parmigiano Reggiano

__ 1 cups of Polenta or coarse cornmeal

__ Salt and Pepper, to taste

1) In a large pot, add the chicken stock, milk and half and half and bring to a boil.

2) Add the polenta while constantly stirring for a few minutes for about 5 minutes.

3) Turn the heat down to low, partially cover the pot with a lid and allow it to simmer for about 20 minutes while giving it a stir every 5 minutes.

4) Turn the heat off, add the butter, parmesan cheese and lots of salt and pepper and stir it all together.

Serve immediately!

Note: Depending on the size of your corn meal it may take more or less time to cook to become creamy.

