

Polenta

I have had this recipe for so many years. I'm not a fan of creamy polenta, but this recipe is an amazing side dish for any meal, cut into squares and placed on a buffet table. You can add any vegetables you desire.

Ingredients:

- 4 cups water (or chicken stock)
- 1 tsp. salt
- ½ tsp. pepper
- 1 cup cornmeal (I use instant)
- 2 tbsp. olive oil
- Roasted red peppers,
- Garlic chopped
- Onion chopped
- 8oz. Mushrooms,
- 1-2 diced zucchini, (cherry tomatoes, etc. in other words, play)
- ½ -1 cup grated Parmesan cheese.

Directions:

1. In a large frying pan on medium heat, add olive oil
2. Sauté the onion, add the garlic, then add any vegetables you want, chopped and sauté till soft.
3. Then add the roasted red pepper.
4. Put to the side whilst you make the Polenta
5. In a large pot, bring the 4 cups of stock to a boil, and add salt and pepper
6. Very slowly, whisk in cornmeal, stir, stir, stir, on LOW heat till done. If using instant, only 5-8 mins. If using regular, about 30-40 mins. (That's why I use instant.)
7. Add the cooked vegetables to the polenta and stir.
8. Add ½ - 1 cup of grated Parmesan cheese and stir.
9. Take a lasagna dish and spray it with Pam.
10. Pour the whole mess in and spread evenly.

Let cool, then put in the fridge to set.

At this point, you can either cut into squares and warm in the oven at 325*f and serve or fry them in a little olive oil on both sides and serve.