



RECIPE OF THE MONTH – DECEMBER 2025

Basic Creamy Polenta (add your Bolognese Sauce)

This recipe yields a soft, creamy polenta, perfect as a side dish for stews or braised meats.

- **Prep time:** 5 minutes
- **Cook time:** 45–60 minutes

Ingredients:

- 4 cups water
- 1 cup milk (or chicken/vegetable stock for extra flavor)
- 1 1/2 tsp kosher salt
- 1 cup medium or coarse-grind cornmeal/polenta
- 3 tbsp butter
- 1/2 cup freshly grated Parmesan cheese, plus more for serving
- Freshly ground black pepper to taste

Instructions:

1. **Bring liquid to a boil:** In a heavy-bottomed medium saucepan, combine the water, milk (or stock), and salt. Bring to a full boil over high heat.
2. **Add cornmeal slowly:** While whisking the boiling liquid vigorously, slowly pour in the cornmeal. This prevents lumps from forming.
3. **Simmer and stir:** Once all the cornmeal is added, reduce the heat to low to maintain a gentle simmer. Switch to a wooden spoon and stir frequently, about every 5 to 10 minutes, for 45 to 60 minutes. The polenta is done when it is thick, smooth, and no longer gritty. If it becomes too thick, add a little more water or milk, a few tablespoons at a time.
4. **Finish and serve:** Turn off the heat and stir in the butter and Parmesan cheese until fully combined. Season with black pepper to taste. Add your Bolognese Sauce to complete, Serve immediately in low soup bowls, garnished with more Parmesan if desired.

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