

Polenta (Simple Polenta)

Servings: 6

Source: New Best International Recipe

Ingredients

- 6 Cups water
- salt
- 1½ cups polenta
- 1½ oz parmesan cheese, grated (¾ cup)
- 3 tbsp unsalted butter, cut into large chunks
- ground black pepper

Method

1. Bring the water to a boil in a heavy-bottomed 4-quart saucepan over medium-high heat. Once boiling, add 1½ tsp salt and pour the polenta into the water in a very slow stream from a measuring cup, all the while stirring in a circular motion with a wooden spoon.
2. Reduce the heat to the lowest possible setting and cover. Cook, vigorously stirring the polenta once every 5 minutes, making sure to scrape clean the bottom and corners of the pot, until the polenta has lost its raw cornmeal taste and becomes soft and smooth, about 30 minutes. Stir in the Parmesan and butter and season with salt and pepper to taste.
3. Serve immediately.

Variation

- 1 recipe simple polenta
- 3 tbsp olive oil
- 2 medium garlic cloves, peeled and sliced thin
- Pinch of red pepper flakes
- Pinch of sugar
- 2 pints cherry tomatoes, halved
- salt and black pepper
- 6 oz fresh mozzarella, cut into ⅓" cubes (about 1 cup)
- 2 tbsp shredded fresh basil leaves

Follow recipe for simple polenta. During the final 5 minutes of cooking the polenta, heat the oil, garlic, pepper flakes, and sugar in a 12-inch nonstick skillet over medium-high heat until fragrant and sizzling, about 1 minute.

Stir in the tomatoes and cook until they just begin to wilt, about 1 minute; season with salt and pepper to taste and set the skillet aside off the heat.

Spoon polenta into individual bowls and top with the mozzarella. Spoon the tomato mixture with any accumulated juices over the top and sprinkle with the basil before serving.