

Polenta

With Cheese and Herbs

Type: Main/Entree **Makes:** 30 tastes

Recipe source: Simon Bryant

Polenta is an Italian staple made with ground corn meal or maize, and is often used in much the same way as rice or pasta, i.e. as a base for vegetables, meats and sauces. If you allow polenta to set in an oiled container it will solidify enough to cut into strips or layers and can be fried or baked (polenta wedges!)

EQUIPMENT:	INGREDIENTS:
Knives and chopping boards large pan grater wooden mixing spoon or spatula 1 medium size bowl Scales Spoon measures Measuring Jug	1 $\frac{1}{2}$ cup of milk or vegetable stock $\frac{3}{4}$ teaspoon salt 750 ml water 1 $\frac{1}{4}$ cup coarse polenta 45 g butter 75 g cheese Sprig rosemary (2 teaspoons chopped) 3 stems of parsley (2 teaspoons chopped)

What to do:

1. Place milk, salt and water into a large pan. Bring to almost a simmer over a medium heat.
2. Rain in the polenta while stirring, then turn heat to lowest and cook for 25 minutes.
3. Grate cheese and set aside in a bowl
4. Wash and chop herbs finely and put into same bowl as cheese
5. Fold in the butter and cheese and herbs into pot with polenta when cooked.
6. Serve hot!