

Creamy grain corn polenta

Polenta is an Italian dish found in Northern Italy. It is a grain- textured porridge type dish made from cornmeal, chestnuts or chickpeas. Slow cooking allows grains to swell and release starches to give it a thick, creamy consistency. Try it using Ontario coarsely ground cornmeal or ground polenta (corn grinds).

Ingredients

- 400 g ground polenta
- 3 L (13 cups) vegetable stock
- 500 ml (2 cups) 10% cream
- 100 g (1/2 cup) unsalted butter
- 100 ml white wine
- 3 minced shallots
- 2 minced garlic gloves
- 100 g of minced double-smoked bacon (about 5 strips)
- 1 bay leaf
- 1 sprig minced of rosemary
- 2 tbsp olive oil
- Salt, cracked pepper to taste

Directions

1. In a heavy bottom pot, cook on medium 3 minced shallots, garlic and minced bacon in 2tbsp of olive oil stirring frequently.
2. Stir in 100ml white wine, reduce the liquid in pot by two thirds.
3. Add the vegetable stock and bring to a simmer. Once simmering, whisk in the ground polenta and reduce the heat to a light simmer.
4. Add the bay leaf and minced rosemary and simmer.
5. If polenta begins to get too stiff, add 100ml of water or stock at a time until the desired consistency is achieved - keep in mind, you will be adding some cream to finish as well.
6. Once polenta simmers (about 20 mins), finish with light cream, salt and cracked pepper and it's ready to go!

Yield: 2 - 4 servings
Prep time: 5 minutes
Cook time: 25 minutes



GrainFact:

Did you know over 2,500 items in the grocery store contain grain corn?



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