



# ***Polenta***

Chef Brook Harlan, Columbia Area Career Center | Serves 3-4

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## ***Ingredients***

3 cups milk  
salt and pepper to taste  
1 cup polenta (coarse ground  
cornmeal)

2 tablespoons butter, sliced  
2 tablespoons diced cheese,  
preferably aged Gouda (Prima  
Donna is good)

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## ***Directions***

Heat milk to simmer and season slightly with salt and pepper. Sprinkle in polenta while whisking and turn down heat to a slight bubble for 30 to 40 minutes, while stirring frequently. Once all liquid has been absorbed, taste the polenta. It should be thick and creamy, moving slightly but not soupy. The texture should be tender without an undercooked crunch. Stir in sliced butter and diced cheese, and then check seasoning again. Serve as desired or cut into polenta cakes.

Store leftover polenta in a pan, spread out to an inch thickness or less. Place the pan in the refrigerator and allow the polenta to cool, then cover with plastic wrap. Use within five to seven days. When ready to use, cut cold polenta into squares, circles or other interesting shapes. Dredge (coat lightly) with seasoned flour and pan-fry in ½ inch of oil over medium-high heat until golden brown and crisp. Serve in small bites as a snack or larger portions as a side dish.