



Breakfast Polenta

Chef Brook Harlan, Columbia Area Career Center

Ingredients

3 cups milk

2 tablespoons butter, sliced

dash of salt

1 cup polenta (coarse ground
cornmeal)

Directions

Heat milk to simmer and add a dash of salt. 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 sweeten with sugar, honey, jam or syrup. Top with nuts and fresh or dried fruit.