

# Kiwi Organics Cookbook

## soft creamy polenta

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### ingredients

- 2 cups liquid (water, stock or 1½ cups stock)
- ½ cup cream
- ½ tsp salt, unless using salty stock
- 1 small clove garlic, finely diced (optional)
- ½ cup Kiwi Organics polenta
- 2 tbsp freshly grated parmesan (optional)
- 2 tbsp grated fontina or cheddar
- 1 tbsp butter (if not using cheese) (optional)

Put the liquid into a medium-sized heavy saucepan and

bring to the boil. Add salt if needed, and optional garlic.

While whisking steadily, slowly pour the polenta into the

liquid. Keep whisking until the polenta thickens. Then turn the heat very low and continue to simmer for another 10-15 minutes, stirring with a wooden spoon from time to time.

When the polenta is ready, it will have thickened to a heavy pouring consistency. Remove from the heat and stir in the cheese or butter. Spoon into 2 shallow bowls or onto 2 plates. Eat immediately.

**Serves 2**

