



Kiwi Organics Chef's Choice

Polenta Cookbook

basic polenta

This basic polenta is often called soft polenta. Using chicken stock instead of water to cook it will give the polenta a much more pronounced flavor.

- 1 tablespoon salt
- 1 cup medium Kiwi Organics cornmeal

In a large, heavy-bottomed pot bring 4 cups of water to a boil. Add the salt, and slowly pour in the cornmeal, mixing constantly with a wooden spoon until it is all incorporated. Turn the heat to low, and cook until it's smooth and no longer grainy, about 30 to 35 minutes. Be sure to stir it every few minutes so that the bottom doesn't burn. When done, keep the polenta warm, and proceed with the following recipes. Serves 4

