

SOFT CREAMY POLENTA

- 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)
- 1/2 cup 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

GRILLED POLENTA SLICES

Polenta is great on the BBQ, you can basically cook it all outdoors – just have the polenta prepared then experiment! Great for entrée and after school snacks

- 3 cups of corn grits
- 6 cups of water / stock
- ½ tsp sea salt

Bring all the ingredients to the boil and cook for about 15 minutes while stirring frequently to prevent it sticking to the pot. Add more water if it gets too thick.

Rinse a loaf tin with cold water, discard the water and fill with the hot polenta mix. Let cool down, best over night. Remove loaf tin and cut into 1cm thick slices and grill in the oven / on a BBQ.

At the same time you may grill half tomatoes, salami slices, egg plant slices, bacon, mushrooms, onion, garlic, Courgette etc. More toppings: Feta cheese, sun dried tomato, basil pesto, sweet chilli sauce.

When the polenta is nice and brown, place it on a plate set a grilled tomato on top, garnish with a basil leaf and anchovy. Or place a slice of salami on top and sprinkle some balsamic vinegar over it.

Serves 8 - 10

