



## Basic Polenta

### *Ingredients*

- 6 Cups water
- 2 Teaspoons salt
- 1  $\frac{3}{4}$  Cups polenta (We recommend Maine Grains polenta)
- 3 Tablespoons unsalted butter

### *Method*

1. Place the milk, water, and salt into a large, heavy-bottomed pot over medium-high heat and bring to a boil.

Bring 6 cups of water to a boil in a heavy large saucepan. Add 2 teaspoons of salt. Gradually whisk in the cornmeal. Reduce the heat to low and cook until the mixture thickens and the cornmeal is tender, stirring often, about 15 minutes. Turn off the heat. Add the butter, and stir until melted.

- \* If desired, stir in your favorite cheese (parmesan, cheddar) in with the butter.
- \* Serve with a red sauce for an Italian cuisine, or with beans for a Mexican cuisine.

*Adapted from Food Network's Giada De Laurentiis' recipe.*