

Cheese Polenta

(A demonstration of three salt amounts)

Ingredients:

½ quart Polenta (yellow cornmeal)
4 cups Cream
4 cups Stock
2 Bay Leaves
1 tsp Nutmeg
¼ cup Salt
½ lb Butter
1½ cups Cheese

Directions:

Bring cream and stock to a boil – be careful if you boil too hard it will bubble out of the pot!
Add Bay leaf and nutmeg.
Slowly whisk in polenta. (Steve will take a small portion out for his demo).
Add ¼ cup salt.
Reduce heat as polenta gets creamy.
Just before plating add butter and cheese and combine well.
Taste for seasoning.
It might need even more salt!