

Simple Polenta

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

Step 1: Making the Polenta

- 1 cup cornmeal
- 3 to 6 cups liquid*
- 1/2 tsp sea salt
- 2 to 3 sprigs thyme or sage (optional)

To make the polenta, pour the cornmeal, salt and cold liquid (either water, stock, non-dairy milk or a mixture of all three) into a medium pot. Add the herbs, if desired. Bring to a simmer over medium-high heat, whisking frequently. *Note: The amount of liquid you use will depend on the consistency you are looking for.

Once the polenta comes to a gentle boil, turn the heat down to low and continue to simmer until the polenta is done to your liking. This may take anywhere from 15 to 45 minutes, depending on the grind of the cornmeal. Taste the polenta for doneness. The grains should be fully hydrated and not al dente.

Step 2: Finishing the Polenta

- 1 to 2 tbsp butter* (optional)
- Plant-Based Parmesan

Once the polenta has finished cooking, remove any aromatics, if necessary.

Note: For a bit more flavor and shine the polenta can be finished with a knob of non-dairy butter and some Plant-Based Parmesan, if desired.

Taste the polenta for seasoning. Pour into bowls and top with your favorite sauce.