



Creamy Polenta

We love Riverview Farm's Polenta for its rich, buttery corn flavor and the way it pairs with just about any hearty braise. Riverview Farms grows certified organic, heirloom and non-GM varieties of white, yellow, and red corn that they mill on-site into cornmeal, grits, and polenta. After harvesting and drying, the entire kernel is stone-ground. No Preservatives. No Pesticides. Gluten Free.

This recipe is for a velvety, smooth, spoonable polenta. For a firmer polenta, reduce the total amount of liquid used to 4 cups. Bon Appétit!

INGREDIENTS

3 cups Whole Milk
2 cups Water
1 teaspoon Kosher Salt
1 cup Riverview Farms Polenta
2 tablespoons Salted Butter

PREPARATION

- In a sauce pot over medium heat, bring the milk and water to a gentle boil. Add salt.
- Slowly sprinkle in polenta while whisking to avoid clumps. Stir for 2-3 minutes or until the mixture begins to firm.
- Drop the heat to low and cook for 30 minutes, stirring every 5 minutes or so. If the polenta becomes too thick to stir, slowly add ½ cup of water. Taste the polenta to make sure it has a soft texture and is not gritty or undercooked. Adjust seasoning with salt and pepper.

OPTIONAL GARNISHES

- ½ cup grated Parmesan or Gruyere cheese
- 1 tablespoon Roasted Garlic
- 1 tablespoon chopped, fresh Herbs like a mixture of Flat Leaf Parsley, Thyme, Sage, Tarragon, and/ or Rosemary