

Try Me!

Polenta

Eat this power packed food to feel like a super hero! It is a good source of iron, thiamin, zinc, phosphorus and magnesium.



Random Facts:

- In Italy, polenta is cooked in a huge copper pot known as a paiolo.
- In southern Austria, polenta is eaten for breakfast. The polenta pieces are either dipped in café au lait (coffee whitened with milk), or served in a bowl with the café au lait poured on top of it (this is a favorite of children).

Eating/Cooking:

- When boiled, polenta has a smooth, creamy texture due to the gelatinization of starch in the grain.
- Polenta is traditionally cooked very slowly. It sometimes takes an hour or longer, and requires constant stirring. Because it is so hard to make, you might want to consider an instant polenta to speed up the process or you could try a store bought polenta.
- Cooked polenta can be shaped into balls, patties, or sticks then fried in oil until it is golden brown and crispy. If you don't want to fry it, it is also good baked.

General Information:

- Traditionally, polenta is eaten at breakfast as a creamy type of porridge. However, this food has been gaining popularity because of its versatility. It can be boiled, fried, baked, grilled, microwaved and served for any meal.
- In Italy this starch is sometimes used as an alternative to potatoes and pasta.
- Polenta is similar to grits, a popular dish served in the Southern United States.
- Polenta has been a staple of the people of Northern Italy since the 1700s and is now gaining popularity in the United States. If you go to a gourmet restaurant you will most likely find polenta somewhere on the menu.
- Polenta is also very popular in other countries such as Mexico, Switzerland, Slovenia, and Romania.

History:

- Polenta was originally classified as a "peasant food" because it was a simple, inexpensive food.
- In Roman times, polenta (or as they called it, pulmentum), was the staple of the mighty Roman Legions as they would eat it in either a porridge or hard cake-like form, much like today. Mills have come a long way since then so the cornmeal is now much better tasting.
- Polenta is a historically Italian cuisine.

Polenta is a good grain alternative for a gluten-free diet.

Easy Polenta Recipe

Ingredients:

- 2 Cups cornmeal
- 6 Cups water
- 1 Teaspoon salt
- 2 Tablespoons butter
- 1/2 Cup of shaved Parmesan cheese

- Preheat oven to 350 degrees.
- Boil water in a large pan and add salt. Add cornmeal once water starts boiling. Turn heat to medium.
- Grease a casserole dish with oil. Make sure it is well-coated.
- Stir water and cornmeal for up to 30 minutes until the water has been absorbed and the polenta is a thick mixture.
- Add butter and stir together.
- Pack polenta into baking dish. Sprinkle the top with parmesan cheese and place in oven for 15 minutes.
- Let sit for 15 minutes, and then enjoy!