

Herbed Polenta

I love to work with recipes that are easily modified and polenta certainly fits in that category. This particular version can be eaten creamy almost porridge like or firm and cut into slices. Even the slices themselves can be served as is, pan roasted in a small amount of olive oil, grilled briefly on a bbq or under an oven broiler. As you can see, there are plenty of options to choose from and you will want to select a version that best fits the accompanying dish.

It's a bright sunny day in the Midi Pyrenees and after yesterday's trip to the market I have made my Aubergine dish once again. It has sat overnight in the fridge allowing the flavors to meld waiting for our midday meal. To compliment it I will make the polenta firm.

Once the polenta has cooked on the stove I will pour it into a well oiled loaf pan and let completely cool. Just before serving I will slice it, place the slices on a parchment lined baking sheet, brush with a bit of olive oil, and let it sit on the middle rack under the preheated broiler until crispy edges begin to form. You'll find below what you need to get started.

Ingredients

For a dense polenta that can be formed and sliced:

3 cup water

1 $\frac{1}{4}$ cup plant based milk, I prefer cashew milk because it is the most creamy

$\frac{1}{2}$ tsp salt OR 1 to $\frac{1}{2}$ cube of veggie bouillon to taste

2 cup coarse organic corn grits

For a soft porridge-like polenta:

3 cup water

1 $\frac{1}{4}$ cup non-dairy milk, I use a mixture of almond and cashew milk in this version

$\frac{1}{2}$ tsp salt OR 1 to $\frac{1}{2}$ cube of veggie bouillon to taste
1 cup coarse organic corn grits

For both versions you want to use a good handful or two of chopped fresh herbs from the garden or a few tablespoons of the similar herbs dried. Consider any combination of the following: Basil, Chervil, Chives, Oregano, Parsley, Rosemary, Thyme.

Preparation

1. Place a heavy pot over a high heat and pour in all the water and the milk. Add in the salt or bouillon cube, stirring to dissolve.

2. Once the liquid reaches the boiling point, pour the corn grits into the liquid in a steady stream, whisking to prevent it from clumping.

3. As soon as the polenta thickens a bit, stop whisking, lower the heat to the absolute minimum and cover the pan with the lid.

4. Leave the polenta to cook over the lowest heat for 5-10 minutes.

5. Once the time has elapsed, remove the lid and stir the polenta vigorously with whisk or wooden spoon making sure to scrape the entire surface of the pan. Then, place the lid back on and cook for another 5-10 minutes.

6. You want to repeat this process 3-4 times, for a total cooking time of 30-40 minutes.

7. Now remove the lid and add the fresh or dried herbs stirring well to integrate.

Adapted from The Vegan Corner.

Enjoy!!!