

Polenta (for 4 person)

Stuffing: ¼ l water
¼ l milk
salt
2 teaspoon of oil
120 g polenta-flour, yellow, middle
fine



Other 2 teaspoon butter

- Put the water and the milk in a pot and cook it, put salt and oil in it.
- Stir the polenta slowly with a whisk to beware clumps. Continue stir until the polenta is firm.
- Stir occasionally with a wood-spoon. Let it slowly cook.
- The polenta should be solved from the pot-base
- At least stir the cold butter to the polenta and serve it.

Cooking time: circa 20-30 minutes

Tip:

- The cooked polenta can perform also in oiled forms and set cold, than overthrow, cut into fat slices, sprinkle with parmesan and butter, gratinate for short time in the oven.
- For more flavor you can put at least some spring of rosemary to cook or put some cheese-cubes to the polenta.
- You can pay also some precooked polenta flour, there is the cooking time about 5 minutes.
- The polenta you can serve as enclosure to game-dishes, roast pork, smoked pork, ragouts, goulash and to creamed chanterelles or creamed yellow boletuses.
- You can use also only water.

