



Country Cornmeal Peppered Polenta
Creamy hot pepper cheese flavored porridge

Makes about 4 cups

5 cups water

1 teaspoon salt

1 cup medium coarse yellow cornmeal

1 cup shredded Monterey Jack Pepper Cheese

1 to 2 Tablespoons unsalted butter or butter substitute

In a heavy large saucepan, bring the water to boiling over medium high heat; add salt.

Pour the cornmeal into water slowly while constantly whisking until it starts to thicken, turn heat to low/simmer; cover saucepan; thoroughly stir frequently scraping over the sides, bottom, and corners of pot. Continue cooking for about 20 minutes or cornmeal is tender. Cook to the desired thickness of a soft or thick porridge. If it becomes too thick, just add a little broth or water and stir until it becomes soft again.

Remove from the heat. Stir in the cheese and butter to melt. Serve immediately. If set aside, the mixture will become very thick. Serves: 4

Cook's Note: You can omit the cheese and/or butter if desired or substitute a milder flavored cheese. You can also use a quick cooking Polenta product and follow directions on the package.

Recipe Inspired by: <https://www.thekitchn.com/how-to-make-creamy-stovetop-polenta-cooking-lessons-from-the-kitchn-183740>

About the Recipe: This polenta-like porridge is a base for the delicious mushroom ragout or other toppings such as vegetables or meats. It is flavored with a light pepper cheese and has a creamy texture. It also can be thickened, cut into pieces, pan-fried, roasted, or even grilled.

Information about cornmeal: Do not use fine grind cornmeal for this recipe because the finished product will be pasty. Medium or coarse ground cornmeal can be used, or a cornmeal product listed as Polenta. For Italian dishes, the Polenta product is preferred. Also, a quick cooking polenta is available and can be prepared in a microwave.

Cooked polenta can be used as a base for toppings, such as sauces, cheeses, vegetables, and meat, much the same way that pasta can. In Northern Italy, it is even more popular than pasta is. Under various names, it's also very common in countries such as Mexico, Switzerland, Slovenia, and Romania.