



SOFT POLENTA

BY VICTOR GIELISSE, CMC

INGREDIENTS

1 oz Garlic cloves thinly sliced
2 tsp Rosemary, minced
3 oz Extra virgin olive oil
2 quarts Chicken stock
2 cups Milk
2 lb Yellow Coarse Cornmeal
8 oz Parmesan cheese, grated
Salt and pepper as needed

METHOD

1. Sauté garlic, rosemary, and olive oil in butter until soft (No color).
2. Add stock and milk, bring to a boil.
3. Add cornmeal in a steady stream, whisking constantly until all is added.
4. Turn heat down to a gentle simmer. Cook for approx. 20-30 minutes or until polenta grain is soft and smooth, (should not have a grainy, starchy texture to it), add Parmesan cheese (See Chef).
5. Transfer polenta to bain marie and water bath to hold, covered until service. Before using to go to plate give a very thorough mix, it might need to be adjusted. Polenta should have a whipped potato consistency.