

Polenta

1 c Corn Meal (coarse)
3 c Water
1 tsp Salt
½ tsp Onion Powder
½ tsp Garlic Powder
1 dash Tabasco
½ c Parmesan Cheese

1. Bring water to a boil with and slowly add the corn meal.
2. Reduce heat to a low simmer and continue stirring.
3. When the mixture becomes thick, add in rest of the ingredients and mix well.
4. Remove from heat and pour into an 8" x 8" oiled pan.
5. Let cool.



After the polenta has cooled it can be left in the refrigerator for future use. Cut it into squares and grill it with a little oil for a side or cut it into thinner pieces and fry it in oil until it is golden brown. It can then be used like a crostini. Top it off with some meat and cheese or some grilled vegetables.

At one time polenta was a staple for northern Italy. It was used in the place of pasta or rice. Try it with a simple red sauce and chicken or dress it up with crispy bacon and rosemary as a side for a steak. You can replace the Parmesan cheese with any other type of cheese such as a blue or Gorgonzola cheese. For those of you that can't do dairy just leave out the cheese. Chicken stock can be used in place of the water and spices. If you want to add other ingredients add them in at the time of the cheese. It is a great alternative for those of you that can't do wheat because of the gluten.

Be creative, have fun and enjoy!!!