

Polenta



INGREDIENTS

9 Cups Water
1 Teaspoon Salt
3 Cups Cornmeal coarse-grain

Preparation

Bring water to a boil in a large heavy pot. Add salt and reduce heat until water is simmering. Take cornmeal by the handful and add to water very slowly, controlling the flow to a thin stream through your fingers. To avoid lumps, stir quickly with a long handled wooden spoon while adding cornmeal. If necessary, stop adding cornmeal from time to time and beat mixture vigorously. Cook, stirring constantly, 20 to 30 minutes. Polenta will become very thick while cooking. It is done when it comes away cleanly from the sides of the pot. Pour polenta into a large wooden board or a large platter. Wet your hands and smooth out polenta evenly, about 2 inches thick. Let cool 5 to 10 minutes or until polenta solidifies. Cut cooled polenta into slices 1 inch wide and 6 inches long. Place slices in individual dishes. Serve hot, covered with your favorite sauce. Makes 6 to 8 servings.