

Firm POLENTA

250 gms polenta
1.7 litres water

- * Bring a large pan of salted water to the boil. and slowly whisk in polenta in a steady stream.
- * When it starts to boil + 'blip', put the lid on pan to stop getting polenta spitting on you.
- * When quite thick, taste, + season with salt/pepper to taste.
- * Place mixture in oven trays to about 2.5 cm thick (line trays with baking paper)
- * Place in fridge til firm.