



Firm Polenta

Ingredients:

- 250g polenta
- 1.7 litres veggie stock
- teaspoon salt and pepper
- 1 cup grated parmesan

Method:

1. Bring a large pan of stock and water to the boil and slowly whisk in polenta in a steady stream
2. When it starts to boil and 'blip', put the lid on pan to stop getting polenta spitting on you
3. When quite thick, taste and season with salt/pepper to taste. Add parmesan
4. Place mixture in oven trays to about 2.5cm thick (line trays with baking paper)
5. Place in fridge till firm