

## POLENTA WITH TOPPINGS

Polenta is very easy to make but taking the time to cook it slowly will give you a light soft cake you can use with many different recipes.

**Basic Polenta recipe:** makes a 9" round pie plate

**Step 1:** In a large saucepan bring water to a boil then add:

- 3 cups pure water
- 1 tsp sea salt
- 1 cup polenta (corn grits) add this slowly while stirring
- 2-3 tbsp organic butter or coconut oil

**Step 2:** turn down burner and keep stirring for 20 minutes making sure it does not stick. It should be slightly bubbling the whole time. It needs the full 20 minutes to add the air to make it light and fluffy.

**Step 3:** oil your flan or pie pan with virgin olive oil and preheat oven to 150F

**Step 4:** once it is thick you can take it off the stove and add more seasoning if you want – try one or two of these suggestions

- 1 tsp of: garlic powder or dried basil / thyme / oregano or cayenne pepper

**Step 5:** pour the batter into your oiled pan and put in the oven 150F for 20-30 minutes then turn onto a cookie sheet and put back in the oven for another 15 minutes

**Step 6:** let it cool before cutting into wedges or diamonds as we have done.

**Step 7:** Serve with soup and basil pesto (top picture) or make a topping (see pictures and directions below) and serve with your salad. Left pictures we have topped with sliced tomato, dill pickle, arugula and avocado.

**Tomato topping** (picture right) – sauté some diced onions, tomatoes, celery and garlic to make a sauce and pour over polenta slices.

**Potato Leek topping** (picture middle) – sauté ¼ cup of each: finely chopped leeks, green onion, celery and 1 small diced potato in 2 tbsp coconut oil then sprinkle with 1 tbsp of coconut flour and mix with ½ cup coconut milk and simmer until it makes a creamed sauce – pour this over a slice of polenta and serve.

