

# Creamy Polenta

## Creamy Polenta

Corn is a staple food originating in Mesoamerica 7,000-8,000 years ago, at least. It formed the basis and nurtured the Mayan civilization. When non-GMO corn is prepared and consumed in a minimally processed way, like stone ground polenta and kernels, it is not only nutritious but delicious! Organic corn is rich in vitamin C and magnesium. It also provides a good amount of fiber; particularly insoluble fiber, which provides a source of food (prebiotics) for gut bacteria which yields beneficial effects on the digestive system.

However, over 88% of all corn in the U.S. per year is genetically modified, and this can alter health benefits. Therefore it is worth the effort to look for organically raised corn. Trying different heirloom breeds can introduce new flavors and textures as well.



Rosemary and Black Garlic Bison  
Paprikash over Creamy Polenta

***Ingredients:***

- 250 g (~9 ounces) polenta
- 225 mL (~1 cup) heavy cream
- 1350 mL (~5 1/2 cup) water
- 5 g (~ 1 tsp.) salt plus more for water
- 300 g (~2 cup) corn kernels
- 60 g (~1/4 cup) butter
- 60 g (~2 ounces) grated cheese like raclette

***Directions:***

Grease a 9×13 inch baking dish, set aside. In a heavy bottom saucepan add the water and lightly salt. Add the heavy cream and bring to a boil. Add the polenta and reduce to a simmer. Cook the polenta for 15 min, stirring frequently to prevent sticking on the bottom as the mixture thickens. Add the corn kernels and cook another 10 minutes. Add the butter and cook another 5 minutes. Remove from the heat and pour the thickened polenta into the greased baking dish. Allow to cool and spread the grated cheese on top. Place under the broiler to brown the cheese. Remove and serve.