

Polenta (Cornmeal Mush)

Posted on Mar 12, 2009 ~ Revisited January 2022

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To make four cups use:

- 1 cup cornmeal
- 4 cups water

Mix cornmeal in 2 cups cold water and add to 2 cups boiling water. Finish cooking by simmering for 20-30 minutes, stirring frequently, on stove top or bake uncovered in 350° oven, stirring occasionally, for 40-50 minutes. It's finished when it is thick and creamy, the cornmeal becomes translucent and tastes cooked. Once finished, may eat as porridge or pour into a mold (I use a bread pan) and allow to cool and congeal. Then slice and fry or bake and serve with syrup or fruit for breakfast. Add cheese, tomatoes, pepper or marinara sauce for a savory dish.