



Creamy Crock Pot Polenta

Adapted from Melissa d'Arabian

BAH Note: Do yourself a favor and make a double batch of this polenta. The first time I made it, I only made a single batch. And as soon as dinner was over and the crock pot was empty I wished I had more. I brought back a bag of course stone ground white grits from our trip to Georgia thinking I would love substituting them for the cornmeal. I was wrong. It took more than 4 hours for those damned grits to cook into a soft pudding and I didn't like their texture nearly as much as the supermarket cornmeal.

- 1 cup milk
- 1 1/3 cup half and half
- 2 tablespoons butter, divided
- 1/3 cup cornmeal
- 1/2 cup grated parmesan (optional)

Lightly coat the insert of your crock pot with cooking spray, or a thin film of canola oil, and turn your crockpot to high.

Combine the milk, 1 cup half and half, 1 tablespoon butter, cornmeal, and a pinch of kosher salt in a medium saucepan. Bring to a boil over medium high heat, stirring constantly, and boil for 2 - 3 minutes.

Pour the mixture into the crock pot, cover, and cook on high for two hours or until the cornmeal has softened and the mixture has thickened into a soft, loose pudding. Once or twice per hour, stir the mixture. Just before serving, whisk in the remaining half and half, butter, and parmesan (if using). Taste for seasoning and add kosher salt to taste.

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