



ANSON MILLS

Poured Polenta

Yield

One 8-inch square of polenta for cutting into croutons

Time

About 1 hour at the stovetop and at least 1 hour to chill

Equipment Mise en Place

For this recipe, you will need an 8-inch square baking dish, a heavy-bottomed 2½-quart saucepan (preferably one with flared sides), a wooden spoon, a whisk, an offset icing spatula or spoon for spreading the polenta, and a wide offset spatula for removing the chilled polenta from the baking dish.

Ingredients

Olive oil for the baking dish

6 ounces (1 cup) Anson Mills Artisan Handmade Fine Yellow Polenta or Artisan Handmade Fine White Polenta

3½ cups spring or filtered water

1 teaspoon fine sea salt

½ teaspoon freshly ground black pepper

1 tablespoon unsalted butter

0.75 ounce (3 tablespoons) finely grated Parmesan Reggiano

Directions

- 1.** Brush an 8-inch square baking dish with olive oil and set it aside. Place the polenta and 3½ cups of water in a heavy-bottomed 2½-quart saucepan (preferably one with flared sides) and stir to combine. Set the pan over medium-high heat and bring to a simmer, stirring constantly with a wooden spoon, until the first starch takes hold, 5 to 8 minutes. Reduce the heat to the lowest setting and cook with the pot lid slightly ajar, stirring frequently, until the grains are soft and hold their shape on a spoon, about 35 minutes. Whisk in the salt, pepper, butter, and Parmesan.
- 2.** Turn the polenta into the prepared baking dish and smooth the surface with a greased offset spatula or spoon. Cover and refrigerate until completely chilled, at least 1 hour or up to 3 days.
- 3.** Using a wide offset spatula, carefully remove the polenta from the baking dish and transfer it to a cutting board. Cut the polenta into pieces of the desired shape and size.