

Polenta
Yield: 4 Servings

Created by: Erik Youngs
Company or Team Name: VooDoo Chef



Count	Weight	Volume	Ingredient
		4 Cups	Water
		1 teaspoon	Salt, Kosher
		1 Cup	Polenta
		2 Tablespoons	Butter
		1/8 Cup	Cotija
			Olive Oil, to grill the polenta

How to:

1. In a large saucepan, bring the water and salt to a boil. Whisk in the corn meal until there are no lumps remaining.
2. Reduce the heat to simmer, cover and cook for 30 minutes stirring every 5 minutes. The individual grains should be tender, and the polenta should thicken and begin to take on a creamy texture. Note: Cooking time will depend on the coarseness of the grain of the cornmeal.
3. Remove the saucepan from the heat and stir in the butter. As the butter begins to melt, add the cotija and mix until the butter and cotija is completely incorporated into the polenta.
4. Cover and let stand for 5 minutes.
5. Pour cooked polenta into a 1/8th sheet pan filling to the top.
6. Refrigerate to solidify, 4 to 6 hours minimum.
7. Remove from the sheet pan, cut in to 1" x 3" rectangles. Cut the rectangles from corner to corner creating 2 triangles.
8. In a cast iron skillet over medium heat using olive oil, grill the polenta.