

Polenta (Mamaliga) - Romanian Style

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Ingredients:

Side Dish ingredients:

- 1 cup Corn Meal Flour (coarse)
- 4 cups water
- pinch of salt - to taste (if preparing a main dish do not add salt)

Main Dish additional ingredients:

- 200 grams Fetta cheese or similar (should be salty and have a relatively high fat content and strong taste)
- 1 small onion (optional)
- Butter to taste (may be non salted)
- 1 table spoonful of Sour Cream

Instructions:

Preparation Side Dish:

- Bring water and salt to boil, add the Corn Flour while stirring continuously with a whisk
- Once all the Corn Flour is incorporated let it simmer and stir very often, always use a whisk - to avoid it sticking to the pot.
- Towards the end when the consistency starts to thicken you should cover the pot since the Polenta will start bubbling and it may cause burns if it touches the skin
- It is ready when it's consistency is that of a very thick oatmeal. It can replace rice or mashed potatoes as a side dish

Preparation Main Dish:

- Same as above however the final consistency should be that of a very thin oatmeal - it will thicken in the oven
- Chop the onion
- Transfer the Polenta to an oven proof dish, stir in the onion and crumbled cheese. Bake until dark golden
- Serve hot with butter and sour cream on top