




Polenta






A recipe by Sara Pieretti, chef at the Grotto Grassi in Tremona.

Preparation

	Time required	approx. 90 minutes
	Difficulty	Easy - For all
	Portion size	4 People

Features

	Dish	Vegetarian - Polenta
	Typical product	Polenta - 0 km
	Suitable in	Summer - Days in the mountain lodge

INGREDIENTS

Polenta

- 1.2 l of water
- 10 g of salt
- 300 g of polenta from the Bruzella mill

Polenta

PREPARATION

1. Boil the water;
2. As soon as it has reached temperature, pour the salt and let it dissolve for a few moments, then sprinkle the polenta;
3. Keep stirring from time to time for about 1 hour.