

# Creamy Polenta

Serves 6

## INGREDIENTS

- 3 cups whole milk
- 2 cups water
- 1 tablespoon olive oil
- 1 tablespoon kosher salt
- 2 cups polenta (I like [Bob's Red Mill](#) brand)
- 4 tablespoons butter
- Freshly ground pepper, to taste
- 1/2 cup grated parmesan cheese (optional)

## PREPARATION

1. In a large saucepan, combine **3 cups milk, 2 cups water, 1 tablespoon olive oil, and 1 tablespoon kosher salt** and bring to a simmer. *Be careful, as this mixture can boil-over quickly!*
2. Reduce heat to low and slowly whisk in **2 cups cornmeal**. Switch to a flat bottomed wooden spoon and stir constantly as the polenta thickens, cooking for about 15 minutes total. *Note that different brands of polenta may take longer to cook, I find that Bob's Red Mill brand cooks fairly quickly.*
3. If the polenta becomes too thick at any point, just add a bit more water or milk. Turn the stove off and stir in **4 tablespoons butter, freshly ground pepper to taste, and 1/2 cup parmesan cheese** (if using). Taste and adjust seasoning as needed, and enjoy warm.

### \*Recipe Notes:

- The polenta will thicken considerably as it cools down – to loosen, just add a bit more water or milk as you reheat it.
- To make this recipe dairy free/vegan, just omit the milk and use 5 cups total water, and skip the butter at the end of the recipe (or use dairy free butter).