



Bowdoin College
Parmesan Polenta

Yield: 6 portions

4 c.	Water
2 tsp.	Salt
1 c.	Cornmeal
3 Tbsp.	Butter
¼ c.	Parmesan Cheese, grated
1 Tbsp.	Olive Oil
½ Tbsp.	Butter

1. Bring water and salt to a boil. Slowly pour in cornmeal while whisking vigorously to prevent lumps from forming. Cook at low heat for 15-20 minutes, stirring often until thick.
2. Beat in butter and parmesan cheese.
3. Spread out on 11" x 7" x 2" pan. Chill. Cut into desired shapes (squares, triangles, rounds).
4. In a sauté pan, heat the butter or margarine, less if non-stick pan. Saute polenta shapes until lightly brown.
5. Garnish with a dollop of pesto, diced red pepper and a sprinkle of parmesan cheese.