

## Creamy Herb Polenta



### Sirve:

4-6

### Pieza:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)  
Saladmaster Food Processor  
10" Chef's Gourmet Skillet

**Valora:** ★★★★★☆

### Contribuido por:

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### Descripción de la Receta:

Polenta is a very old traditional porridge of Italian origin. Traditionally polenta was made with a variety of grains. Polenta is now commonly made with corn, finely to coarsely ground. Creamy soft polenta is so easy to make in the Ultimate Culinaire, no constant stirring necessary.

1 cup  
polenta, organic if available  
(160  
g)  
4 cups  
vegetable stock  
(949  
ml)  
2 garlic cloves, shredded, use Cone #1  
1 tsp  
salt (optional)  
(6  
g)  
¼ cup  
parmesan or pecorino romano cheese, grated, use Cone #2  
(25  
g)  
2 tbsp  
parsley, fresh, minced  
(7 2/3  
g)  
1 tsp  
thyme, fresh, minced  
(1 1/4  
g)  
1 tsp  
rosemary, fresh, minced  
(2/3

g)  
 1/2 cup  
 onion, sliced, use Cone #4  
 (80  
 g)  
 2 cups  
 mushrooms, sliced, use Cone #4  
 (172  
 g)  
 1/2 tsp  
 salt (optional)  
 (3  
 g)  
 1/8 tsp  
 nutmeg, grated  
 (1/4  
 g)  
 4 oz  
 spinach, fresh, washed and chopped  
 (113  
 g)  
 fresh ground pepper to taste

### Preparación :

1. Place polenta, vegetable stock, salt and garlic in Ultimate Culinaire; whisk all of the ingredients together to combine.
2. Place lid on Ultimate Culinaire and turn heat to medium. When Vapo-Valve™ begins to click steadily, turn heat to low and cook for 35 – 45 minutes, until polenta is soft.
3. While polenta is cooking, heat skillet over medium heat for 6-8 minutes until a small sprinkle of water skitters and dissipates.
4. Sauté onion for 2-3 minutes until it begins to soften. Add mushrooms to skillet and continue cooking for 3-5 minutes until mushrooms release their liquid and soften.
5. Add salt, nutmeg and spinach to sautéed mushrooms and cook for 1-2 minutes longer until spinach is wilted. Set mushroom sauté aside to keep warm.
6. After Polenta has cooked, remove lid, add parsley, thyme, rosemary and parmesan cheese. Turn heat up to medium and continue cooking for 5-8 minutes longer.
7. Whisk polenta while cooking and season with fresh ground pepper.
8. Serve a portion of soft polenta with some of sautéed mushrooms and spinach on top.
9. Garnish each portion with an additional sprinkle of parmesan cheese.

### Consejos:

- Substitute fresh chopped herbs for 1-2 tablespoons herb pesto.
- Substitute vegetable stock for water or chicken broth
- Add 1/4 cup of minced sun-dried tomato to polenta mix.

### Información nutricional por ración

Calorías: 156  
 Grasa Total: 4g  
 Grasa 1g  
 Saturada:  
 Colesterol: 5mg  
 Sodio: 860mg  
 Carbohidratos: 23g  
 Fibra 3g  
 Dietética:  
 Azúcar: 1g

**Proteína:** 7g

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