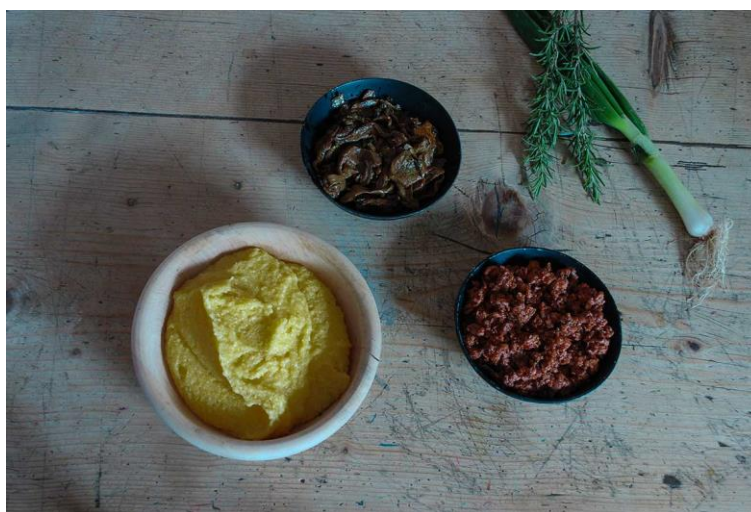




ALL'OPERA IN TRENTINO DAL 1870

TRADITIONAL POLENTA



INGREDIENTS

Serves 4 polenta lovers

(1 part flour, 4 parts water)

Polenta 5 minutes

Water

Salt

PREPARATION

Bring the water to the boil, add salt and slowly pour in the cornmeal, stirring constantly for one minute with a wooden spoon to prevent lumps from forming.

Whilst still hot, pour the polenta onto a round wooden surface.

Serves as the ideal accompaniment to meat and fish dishes, sauces and goulash.