

NINE GRAIN POLENTA

This recipe is an interesting take on classic polenta using Great Harvest's 9-Grain Cereal Mix. Instead of just corn, you get the nutritional benefits of red wheat berries, rye, flax, barley and more. It makes for an incredibly healthy, comforting side dish that is full of complex flavors and textures. It is wonderful served alongside roasted meats, grilled steaks, or pork chops.

Start with:

- Great Harvest 9-Grain Cereal Mix

Total time: 50 min., Active Time: 10 min. Serves 4 as a side dish

- 2 tablespoons unsalted butter, divided
- 2 whole garlic cloves
- 4 cups chicken or vegetable stock
- 1 bay leaf
- 1 cup Great Harvest 9-Grain Hot Cereal Mix
- 2 teaspoons chopped fresh thyme
- 1/3 cup grated Parmesan cheese or Pecorino Romano
- Additional Parmesan cheese for top
- Kosher salt and freshly ground pepper to taste
- Additional water as necessary

Directions:

- In medium saucepan, melt 1 tablespoon of the butter. Add garlic cloves and allow to bubble and brown slightly. Add stock and bay leaf. Crack a bit of black pepper into the pot. Bring to a boil, reduce heat to low and add cereal mix while whisking constantly.
- Return to a simmer, cover pot and cook gently for about 40-50 minutes, stirring frequently with a wooden spoon. The mixture should have absorbed most of the liquid but still be slightly loose.
- Remove the garlic cloves and bay leaf. Stir in the thyme, cheese, and remaining 1 tablespoon butter. Taste for seasoning and adjust if necessary. At this point, the polenta holds extremely well over a low flame if necessary for up to 30 minutes. Occasional stirring and a touch of additional water to adjust consistency might be necessary.



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