

Carrot Polenta

INGREDIENTS

4 large carrots
1 cup milk
1 cup polenta or yellow cornmeal
1/2 tsp salt
Freshly ground pepper

DIRECTIONS

Peel carrots and cut off the ends. Cut the carrots into 2-inch chunks. Put them in a saucepan with plenty of water to cover and 1/2 tsp salt. Boil the carrots until they are very soft, at least 30 minutes. Remove the carrots from the water and set them aside.

Measure the carrot water and add enough to make 3 cups. Return the liquid to the saucepan. Add the milk, polenta, the salt and pepper. Stir with a wire whisk.

Bring mixture to a boil, stirring often with a wire whisk. When the mixture gets to thick to stir with the whisk, switch to wooden spoon. When mixture is very thick, lower the heat and simmer at least 15 minutes, stirring occasionally, or until mixture is quite creamy.

While polenta is simmering, puree the carrots in a food processor until they are very smooth.

When the polenta is done, stir in carrots.

6 servings