Slow-Cooker Creamy Parmesan Polenta

2 comments

MAIN COURSES

GRAINS

SLOW COOKER

A cookbook recipe exclusively for All-Access members from The Complete Slow Cooker

SERVES 6

TIME 3 to 4 hours on low or 2 to 3 hours on high

SLOW COOKER SIZE 4 to 7 quarts

WHY THIS RECIPE WORKS

Many polenta recipes deliver rich creaminess by piling on hefty amounts of cheese and butter. Not wanting to sacrifice creaminess or texture, we focused on getting the polenta perfectly tender. Remarkably, thanks to the gentle heat of the slow cooker, our typical ratio of liquid to polenta worked just fine. Instead of using all water and stirring in lots of butter at the end, we added 1 cup of whole milk up front. This helped deliver the same rich, creamy texture, but with substantially less butter. We finished the dish by steeping a sprig of rosemary in the polenta to infuse herbal flavor without adding bits of herbs to disturb the dish's smooth texture. Just a cup of nutty Parmesan and a couple pats of butter stirred in at the end gave the polenta richness and flavor while keeping the dish light. *Read Less*





TRY THIS RECOMMENDED COOKING COURSE

Creamy Parmesan Polenta

GATHER YOUR INGREDIENTS

3 cups water, plus extra as needed
1 cup whole milk
1 cup coarse-ground cornmeal
2 garlic cloves, minced
Salt and pepper

1 sprig fresh rosemary (optional)

2 ounces Parmesan cheese, grated (1 cup)2 tablespoons unsalted butter

View Nutritional Information

KEY EQUIPMENT



Mixing Bowls



🐧 Slow Cookers



Best Chef's Knives



BEFORE YOU BEGIN

Coarse-ground degerminated cornmeal such as yellow grits (with uniform grains the size of couscous) works best in this recipe. Avoid instant or quick-cooking products, as well as whole-grain, stone-ground, and regular cornmeal.



INSTRUCTIONS

1. Lightly coat slow cooker with vegetable oil spray. Whisk water, milk, cornmeal, garlic, and 1 teaspoon salt together in prepared slow cooker. Cover and cook until polenta is tender, 3 to 4 hours on low or 2 to 3 hours on high.



Nestle rosemary sprig into polenta, if using, cover, and let steep for 10 minutes; discard rosemary sprig. Whisk Parmesan and butter into polenta until combined. Season with salt and pepper to taste. Serve. (Polenta can be held on warm or low setting for up to 2 hours; adjust consistency with extra hot water as needed before serving.)

RECOMMENDED READING

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