



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

February 10th, 2015 Cooking Class

Featuring

Mary Ann Giordano
of Gigi's Cucina Povera

Mascarpone Polenta

Serves 6

Ingredients:

- 1 cup stone ground cornmeal
- 1 tablespoon of butter
- 5 cups water
- Kosher salt and pepper to taste
- 1 Tablespoon sugar
- ¼ cup Mascarpone cheese
- 2 ounce Romano cheese

Directions:

- 1) In medium sauce pot, heat water with butter, sugar, salt and pepper, when hot, but not boiling add cornmeal in a slow steady stream while stirring with a whisk to blend.
- 2) Cook on low heat for 20-30 minutes. Stirring occasionally with a wooden spoon, add Mascarpone and Romano. Blend, check seasoning, adjust thickness. If too thick add a little water, to thin continue cooking until desired thickness.
- 3) When done wooden spoon should stand on its own, polenta should be smooth and creamy, not granular.

Nutrition Facts			
Serving Size: 1 serving (240.9g)			
Servings: 6			
Amount Per Serving			
Calories 160	Calories from Fat 80		
% Daily Value*			
Total Fat 8g	13%		
Saturated Fat 4.5g	24%		
Trans Fat 0g			
Cholesterol 25mg	8%		
Sodium 150mg	6%		
Total Carbohydrate 17g	6%		
Dietary Fiber 2g	8%		
Sugars 2g			
Protein 6g			
Vitamin A 4%	• Vitamin C 0%		
Calcium 10%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

