



Bramata polenta – basic preparation

Recipe by V-ZUG Ltd.



Preparation	10 Mins
Cooking time	40 Mins
Portions	4
Appliance	CombiSteamer V4000 45 from 2021

With its coarse structure and its distinctive taste, bramata polenta brings Ticino flair to the table. It serves as the perfect base for hearty dishes.

Ingredients

200 g bramata polenta
300 ml water
300 ml milk
1½ tsp salt
80 g grated Parmesan
50 g butter

Preparation

Mix the polenta and all the ingredients up to and including the salt in an ovenproof dish. Put the dish on to a wire shelf in the cold cooking space and cook at 100 °C for about 40 minutes using the steam mode. Take out and stir in the Parmesan and butter.

Steaming 100 °C for 40 Mins

Tips

Melt the butter in a saucepan over a medium heat. Simmer until the butter foams, smells nutty and turns a light brown colour. Remove the pan from the heat, add one crushed clove of garlic and one sprig of rosemary, leave to infuse. Stir the flavoured butter into the cooked polenta along with the Parmesan.

Substitute the water and salt with vegetable bouillon.

For a really creamy polenta, instead of butter stir in 50 g mascarpone.





Accessories

2-litre ovenproof dish

Wire shelf

