



Garlic Polenta

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	5 MIN	25 MIN		10

Garlic polenta is a creamy and comforting dish made with cornmeal cooked in broth and flavored with garlic. It has a smooth, rich texture and a mild flavor that pairs perfectly with many dishes. This easy recipe is simple to prepare and works as a versatile side or base for vegetables, meats, or sauces. The garlic enhances the flavor, making it a delicious and satisfying addition to any meal.

Ingredients

- 1 cup polenta (cornmeal)
- 4 cups water or broth
- 3-4 garlic cloves, minced
- 2 tablespoons butter or olive oil
- $\frac{1}{4}$ cup grated parmesan (*optional*)
- Salt and pepper to taste

Recipe Summary

- Prep Time: 5 minutes
- Cook Time: 20-25 minutes

- Total Time: 25-30 minutes
- Servings: 4
- Course: Side Dish
- Cuisine: Italian-inspired

Cooking Method

Instructions

1. Bring water or broth to a boil in a pot.
2. Slowly whisk in polenta to prevent lumps.
3. Reduce heat and cook, stirring frequently, for **20-25 minutes** until thick and creamy.
4. In a small pan, sauté garlic in butter or oil for **1-2 minutes**.
5. Stir garlic into the polenta.
6. Add parmesan, salt, and pepper.
7. Mix well and serve warm.

Cooking Tips

- Stir frequently to prevent sticking
- Add liquid gradually for smooth texture

- Use broth for richer flavor

Variations

- Add cheese for extra creaminess
- Use roasted garlic for milder taste
- Add herbs like thyme or rosemary
- Serve grilled or set and slice

What to Serve with Garlic Polenta

- Roasted vegetables
- Garlic mushrooms
- Meat or stew dishes
- Tomato-based sauces

Storage

Store in an airtight container in the refrigerator for up to **3 days**.

Reheating

Reheat with a splash of water or milk to loosen texture.

Frequently Asked Questions

Is polenta the same as cornmeal?

Yes, but polenta is coarser.

Why is my polenta lumpy?

Add slowly and whisk continuously.

Can I make it vegan?

Yes, use olive oil and skip cheese.

Recipe Author

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