

Fry Polenta or Gritts Corn

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Cooking time in minutes:

8 Microwave

Yield:	cups	4	3	2	1
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1.4

Bowl	quart	2 1/2
Baking Pan	inches	12 x 12
Fry Pan with olive oil	inches	12

Water	cups	8	6	4	2
Parley	spice TBSP	4	3	2	1
Salt	spice teasp	1	3/4	1/2	1/4

Add to bowl

Polenta or Gritts	cups	4	3	2	1
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1.0

Add ground corn slowly while stirring

Microwave on high for 4 minutes

Stir

Microwave on high for 4 minutes

If polenta is not thick, Microwave for another 2 minutes

Cheese, Parmesan	grated cups	2	1 1/2	1	1/2
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0.40

Add to bowl & Mix

Pour corn in baking pan & Set aside to cool

When cool, Put in frig for later

Or

Cut the corn in rectangles

Fry in pan until heated

Serve &/or Add to container(s) & Frig for days or Freezer for months

NOTE: Gritts is ground white corn & polenta is ground yellow corn