



the source
BULK FOODS

Polenta Organic



Polenta is made from whole grain yellow maize that has been coarsely milled, before the bran is sifted off. This Certified Organic Polenta is free of artificial additives or preservatives and is non GMO. Polenta is a versatile and inexpensive ingredient that is quick and easy to cook. It has a rich golden colour, and subtle nutty flavour and aroma. Polenta can be used in baking recipes and prepared as a sweet or savoury dish.

How to Use:

Organic Polenta can be used in so many ways from breakfast to dinner and desserts. Make a simple, yummy Polenta porridge and serve traditionally with salt and butter or add cinnamon and nutmeg; coconut and berries; or nuts, seeds and dried fruit. Try it in scrumptious puddings with lemon zest or coconut milk.

To prepare simply add 1 part Polenta to 4 parts boiling water and stir for about 5 minutes. Cook over a low heat for a further 20-25 minutes, stirring regularly until thick.

Uncooked Polenta is a delicious addition to baked goods including bread, pizza bases, muffins and cakes. Polenta is a great wheat free substitute for 'crumbing' fish, vegetables or meat.

As a savoury dish cook Polenta as for porridge. Stock can be substituted for half of water to add extra flavour. Add a knob of butter, a splash of oil, or grated parmesan if desired. Once cooked, Polenta can be served immediately as a substitute for rice or mash; or pour into a baking tray to grill or bake before serving golden slices.

Ingredients:

Organic Maize Grain (Yellow).

Preservative Free, Non GMO.

Allergens:

No Known Allergens. **This product may contain traces of Allergens.**

Storage:

Store in an air tight container in a cool, dry place, away from direct sunlight. Refrigeration recommended in warm climates.

Shelf Life:

Up to 12 months when stored as above. See Best Before date.

NUTRITION INFORMATION		
Serving size:		
100 g		
		Average Quantity Per 100 g Serving

Energy		1526 kJ
Protein		8.0 g
Fat, total		1.0 g
– saturated		1.0 g
Carbohydrates		77.0 g
– sugars		0.3 g
Sodium		5 mg