

Saffron Polenta

2 cups milk
2 cups cream
1 pinch saffron powder
1 cup coarse cornmeal
1 teaspoon salt
1 teaspoon white pepper

Combine milk and cream in a large, heavy saucepan.
When it begins to boil, add saffron and salt.

Remove from heat and slowly stir in cornmeal,
stirring constantly.

Cook the cornmeal on low heat, stirring frequently, for around 40 minutes.

Serve warm and “soft,” or pour into a small loaf pan and let cool to shape the polenta for later use.

