

Flavoured polenta *(Side dishes)*



Preparation

Buy some maize flour mixed with buckwheat flour suitable for the preparation of flavoured polenta. Cook in boiling salted water for 40 or 45 minutes. Once cooked, stir a knob of butter into the polenta along with some grated Valtellina cheese. Serve with meat or mushrooms.

Tips

If you want to make your flavoured polenta even more tasty, you can melt some butter with sage, which you then use to season the polenta

Trivia

Flavoured polenta 'taragna' is a specialty of Valtellina or the valleys between the provinces of Brescia and Bergamo, and owes its name to the fact that was prepared using the so-called 'tarel', a stick.

Information

Preparation 45 minutes

Total Time 40 minutes

Serves X Serves 3 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Polenta 250 grams (Wholemeal)

Water 500 millilitres

Salt

Butter 30 grams

Valtellina cheese 150 grams