# Sweetcorn and Cheddar Polenta

2 soft polenta bowls, each with half the cooked corn, cheese and complete porridge | Active 16 min | Cook 18 min | Total 40 min

## Ingredients

• 150 g (5.3 oz) sweetcorn kernels, weighed after full cooking from frozen and draining only if its packet directs

• Water for the chosen frozen-corn packet process, exactly as its manufacturer directs; kept separate from the polenta's measured liquid

• 70 g (2.5 oz) fine quick-cooking polenta with a 3-5 minute stovetop package time

• 400 ml (about 1 2/3 US cups) milk

• 200 ml (about 3/4 US cup plus 1 US tbsp) water for the polenta

• 50 g (1.8 oz) cheddar, grated

• 10 g (0.35 oz) butter

• 0.5 g fine salt, a small pinch

• 0.3 g ground black pepper, about 1/8 US tsp

## Set out

1000 W microwave with turntable, Microwave-safe vessel and cover required by the corn packet, Deep microwave-safe bowl, 2 L (about 2.1 US qt) measured capacity, Small whisk and spoon, Kitchen scale and measuring jug, Oven mitts, Food thermometer for reheating leftovers, Two serving bowls

## Allergens

Milk. Check labels and substitutions.

## Make it

**1.** Cook the frozen sweetcorn by its complete microwave packet instructions. For the planning clock, choose a packet process taking no more than 6 minutes including its stand; allow the actual longer time if your packet requires it. If a full pack must be cooked, do so, then weigh 150 g cooked kernels for this recipe. Keep the measured portion covered and warm; chill unused cooked corn promptly.

**2.** While the corn process runs or stands, whisk the polenta, milk, the separate 200 ml water, salt and pepper in the 2 L bowl. Once the corn has left the microwave, heat the polenta mixture uncovered at 1000 W full power for 3-4 minutes, stopping every minute to whisk thoroughly. Pause sooner if the milk rises.

**3.** Reduce to 50% power and cook for 5-7 minutes, whisking every minute, until gently bubbling, thickened and the fine grain is fully soft. Add extra 30-second low-power bursts if needed. Do not taste raw or gritty grain to decide that it is done.

**4.** Stir in all the cooked corn, cheddar and butter. Heat at 50% power for 1 minute, stir well, then leave to stand for 3 minutes. Divide the entire creamy mixture between two bowls and serve warm.

# Sweetcorn and Cheddar Polenta

2 soft polenta bowls, each with half the cooked corn, cheese and complete porridge | Active 16 min | Cook 18 min | Total 40 min

## Two water measures stay separate

The polenta uses exactly 200 ml water plus 400 ml milk. Any water required by the frozen-corn packet belongs to that separate cooking process; do not pour an unknown amount of it into the porridge.

## A soft spoon dish

The relatively generous liquid makes creamy polenta. There is no grill stage, crisp crust or turn-out instruction hidden in the name.

## Ingredient labels

Check polenta for wheat cross-contact if needed and check corn and cheese labels for other ingredients.

## A useful detail

Allow 40 minutes for the full route. The chosen corn package may use up to 6 minutes including stand, followed by up to 12 minutes polenta heating and a 3-minute final stand. These stages use one oven in sequence. Measuring and whisking add working time. A longer corn process, firmer grain or different wattage extends the estimate; do not cut a package cook short to meet it.

## Another way

Use 150 g (5.3 oz) drained ready-to-eat canned sweetcorn instead. Omit the frozen-corn cooking process and its separate packet water; add the canned corn at the same finishing stage.

Replace cheddar with 50 g (1.8 oz) crumbled feta. It softens into the polenta rather than stretching; the dish still contains milk.

## Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days. Stir 20 ml (1 US tbsp plus 1 US tsp) water into each portion before reheating covered in short bursts, stirring, to 165°F/74°C throughout. Stand covered for 2 minutes. Follow any shorter storage instruction on the corn packet.