



POLENTA TREATS

*The special recipes of the
exclusive „5 Polente“ from
Valle del Chiese*

Discovering the cornmeal that characterizes Trentino cuisine...

In the past, the polenta was so important that people from the mountains used it in common speech to refer to the different moments of the day: “prima di polenta” (before polenta) = the morning, “dopo polenta” (after polenta) = the afternoon. It represented the intimacy, the family union and was eaten almost at every meal, during the “filò” (when people met in the stables to speak about this and that) while the elderly told their stories sitting around a warm and flickering fire.

The kitchens of the past have disappeared and the rite has changed but the polenta will always remind us of the family atmosphere that despite the difficulties will last forever thanks to its memories and fragrances. Simple humble tastes, just as the people who have taken care of its precious value and still recall its name, transmitting it from generation to generation.



A dietitian's advice



For Rural populations in northern Italy, the polenta has always been a staple of the peasants' diet until the beginning of the 20th century and was the cause of several diseases because, despite being a good source of energy, it exposed people to poor nutrition.

Today it is an excellent meal if paired with other food and you can eat it frequently because it has a lower glycaemic index than bread or rice but also thanks to its good fibres and digestibility. Moreover, the maize plant used to produce polenta flour does not require many chemical treatments because its leaves have a protective and 'isolating' function from the outside environment.

You should always choose genuine food such as that from Valle del Chiese, where pollution of air and soil is extremely low and corn production is the result of natural selections without genetic manipulations.



Legenda

Polenta con farina gialla di Storo 

Polenta delle Strie 

Polenta Macafana 

Polenta Carbonera 

Polenta di Patate 

... HERE'S WHERE YOU CAN TASTE THEM ...



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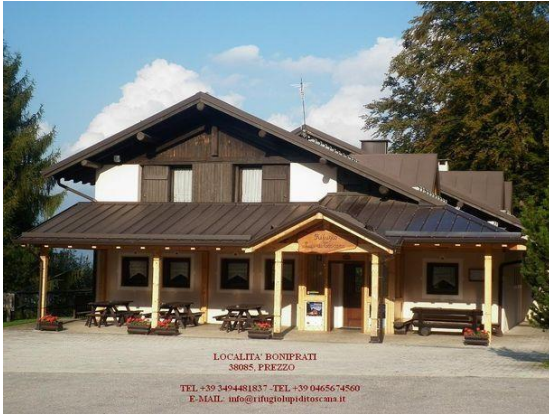
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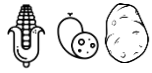
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THE RECIPES

- Polenta with yellow flour from Storo
- Polenta delle Strie
- Polenta Macafana
- Polenta Carbonera
- Potato Polenta

POLENTA WITH YELLOW FLOUR FROM STORO



Ingredients (serves 6):

- 1 kg yellow flour from Storo
- 4 litres water
- coarse salt



Method:

Heat 4 litres of water in a large heavy based pot, necessary for 1 kg of flour. Add two tablespoons of coarse salt. Bring to the boil and add the flour very slowly, straining it through your fingers and whisking continuously or it will end up lumpy. Cook for 30/40 minutes. When it's ready, give it a good stir and serve it hot on a wooden chopping board.



POLENTA DELLE STRIE



Ingredients (serves 6):

- 1 kg yellow flour from Storo
- 250 g buckwheat
- Malga cheese to taste (diced soft Sprezza cheese)
- herbs to taste
- chestnuts to taste
- witches' magic potion
- coarse salt

Method:

Bring 1 litre of water to the boil in a large pot and add coarse salt. Cook the herbs (how?) and add the two flours previously mixed together. Half way through cooking, add diced mountain cheese and towards the end add the chestnuts (previously baked in the oven). Pour the magic potion. Serve with melted malga butter and onions.



POLENTA MACAFANA



Ingredients (serves 6):

- 1 kg yellow flour from Storo
- 3-4 litres of water
- 200 g butter
- 200 g Trentino Grana cheese
- 500 g Spressa cheese
- 500 g chicory
- onions (for the sauté)
- coarse salt
- black pepper



Method:

Bring 1 litre of water to the boil in a large pot and add coarse salt. Then add thinly sliced chicory and after a few minutes add the flour and continue cooking for about 25 minutes. Add diced Spressa cheese and cook for another 10 minutes stirring well. Take the pot off the fire and with a spoon put the cornmeal on a large dish, sprinkle with grated grana cheese and top with melted butter and sautéed onions. Serve hot.

POLENTA CARBONERA



Ingredients (serves 8/10):

- 1.5/2 kg yellow flour from Storo
- 4 litres water
- 0.4 kg butter
- 0.2 kg Grana cheese
- 0.5 kg mature Spressa cheese cut in small pieces
- 0.5 kg soft Spressa cheese cut in small pieces
- 1 kg Salamelle (sausages)
- 2 glasses red wine
- onions
- coarse salt, black pepper

Method:

Cook the polenta in the traditional way. Prepare a sauté with butter onions and crumbled sausages, add abundant red wine and let it evaporate; when you are more than half-way through cooking (3/4 of the time) add the sauté to the polenta, stir well for a few minutes and then add the cheeses. Stir and pour on a wooden chopping board.



POTATO-POLENTA



Ingredients (serves 6):

- 200 g yellow flour from Storo
- 200 g butter
- 200 g mature cheese, not spicy
- 7 kg potatoes from Trentino
- 1 onion/leek
- coarse salt

Method:

Cook the potatoes in a pot with not too much water, when soft, mash them with a potato masher, add the yellow flour and mix until you get a smooth mass. Cook for about 30 minutes and before serving add the melted butter flavoured with onions.

N.B. There is a variant that uses also white flour in addition to corn flour.



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