

Polenta Balls

Recipe By *Temi Philip*



Cooking and Prep:  2
h 10 m

Serves:  10

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Vegan,
Pescetarian, Gluten Free, Low
Fat, No Refined Sugar

Source: Family Table by
Mishpacha Magazine

Cuisines: Italian

These cornmeal dumplings, similar to matzoh balls, go well with vegetable soups.

Ingredients (4)

For Dumplings

- 3 cups water
- 1 teaspoon salt
- 1 tablespoon oil
- 1 cup cornmeal

Start Cooking

Prepare the Dumplings

Yields 30 dumplings.

1. Place water, salt, and oil in a pot and heat almost to a boil. Add cornmeal and mix well.
2. Continue cooking on a low flame, stirring, until the mixture thickens and pulls away from the sides of the pot.
3. Allow to cool for at least two hours.
4. Preheat oven to 350°F (180°C).
5. Form small balls from the polenta mixture and place on a lined baking sheet. Bake for 15 minutes. Serve three to four balls in each bowl of soup.