

Cilentan Polenta (Maracucciata)



Ingredients for 4:

- *250g wheat flour and maracuoccio flour*
- *1 cup Mediterranea – Aurum EV Olive Oil*
- *1 onion*
- *bread croutons*
- *salt*

- 1. Bring salted water to the boil in a sufficiently large pot, slowly adding the flours over a very low flame.*
- 2. Continue stirring vigorously to avoid the polenta sticking to the sides of the pot.*
- 3. In another pan, add the oil and brown the finely chopped onion with the bread croutons, adding some hot chilli pepper.*
- 4. After having browned the onion, remove the pan and add most of the oil and onions to the maracucciata polenta, stirring vigorously.*
- 5. Serve hot with a few spoonfuls of oil left over in the pan.*