



Creamy Polenta

2 cups coarse grain polenta

1 qt. milk

1 cup Heavy cream

Bring milk to a boil, whisk in polenta and let simmer for about 30 - 40 minutes. Bring to a creamy consistency with Heavy Cream. Then season to taste with salt and black Pepper.

Roasted Jerusalem Artichokes, Parsnips and Carrots

1 lb. Jerusalem Artichokes, washed. Leave skins on

1lb. Parsnips, Peeled and cut in half lengthwise

1 lb. Carrots with tops, peeled and sliced in half lengthwise

1 cup Olive Oil

Salt AND Pepper

Preheat oven to 350. Toss all the vegetables in olive oil, salt and black pepper. Place in oven for about 40-60 minutes or until fork tender.