

Minnestalgia Wild Rice Polenta Waffle Cooking Instructions

Helpful Waffle Information:

Each waffle recipe uses 1 cup cooked Polenta (whether cereal, side dish, plain cereal or polenta package) to make 2-6" or 4-4" waffles.

These whole grain waffles, made with the following basic instructions, contain 75% Wild Rice, making them a guilt-free bread choice.

Use $\frac{3}{4}$ cup batter for 1-6" or 2-4" or 1 and $\frac{1}{2}$ cups for 2-6" or 4-4" waffles. Do not overfill with batter, it takes longer to cook and waffles get darker. When adding sticky ingredients into batter, oil waffle irons after every other waffle cooked.

Instructions to cook Polenta Cereals, Side Dishes, Plain Cereal or Plain Polenta are all the same. These instructions will use a full package of the 7oz Cereal or 7oz Side Dishes which each hold 1 cup of Polenta. Or you can use 1 cup of the Plain Cereal or 1 cup of the Plain Polenta. This will make enough cooked Polenta to make 8-6" or 16-4" Waffles. (Check out the Serving Suggestions to decide which Polenta package you want to use for the type of waffle you want to make).

>In a heavy 4qt non-stick saucepan add 4 cups water and a full package of any of the 7oz Cereals or 7oz Side Dishes. Or, use 1 cup of Plain Cereal or 1 cup of Plain Polenta.

>Stir water and Polenta, cover and cook on high to bring to a boil, about 5 minutes. Stir, set burner on low, cover and simmer, stirring every 4 minutes until polenta starts to mound up. (like mashed potatoes do) Total cook time will be about 15 minutes to accomplish this texture.

>Product can be used now or chilled for a week in the refrigerator to make waffles at your convenience.

This Waffle Recipe will make 2-6" or 4-4" Waffles. Double to make 4-6" or 8-4", quadruple for 8-6" or 16-4".

>Make Cooked Cereal, Side Dish or Polenta following the instructions above. Use 1cup fresh made or leftover cooked cereal, side dish or polenta for this recipe.

>Whip 1 egg until foamy, whip in 1TbIs of milk, 1TbIs oil, $\frac{1}{4}$ tsp salt, 2tsp baking powder, 1TbIs sugar. Mix in $\frac{1}{4}$ cup any flour, stir well. Then fold in 1 cup cooked Polenta into batter. At this point, you can add in other ingredients to make the Waffles on the Serving Suggestions Page. Oil & heat iron on high. Use $\frac{3}{4}$ cup batter for each 6" or 2-4" waffles. Use all the batter to make 2-6" or 4-4" waffles. Cook for 5-7 minutes or until steam stops.

> Eat now as you would any other Waffle, or Cool on a rack or plate then place in zip lock bag to store in fridge or freezer. Reheat in toaster, microwave or waffle maker (our favorite way.)