

## *From the recipe files of the Northern Kentucky Herb Society*

Thyme treats presented at the February 2010 meeting of the NKHS by JoAnne Ellena.

### **JoAnne's Cheesy Thyme Grits**

Serves two

2 c. liquid such as water, milk, cream,  
or a combination of these  
¼ tsp baking soda  
½ c. grits (not instant)

2 T butter  
Salt and pepper to taste  
¼ c. grated cheddar cheese  
1 tsp leaves fresh leaves of thyme

Bring your liquid to a high heat - be careful not to burn it. if it is milk or cream. Sprinkle in the baking soda and stir.

Slowly add in the grits. Stir and cook until it reaches the desired thickness. Add the butter. Season with salt and pepper as you like. Add the grated cheese and stir.

Just before serving stir in the thyme.

### **JoAnne's Cheesy Thyme Polenta Triangles**

Makes 8 wedges

2 c. milk  
½ tsp sea salt  
½ c. yellow corn meal  
2 T butter

1 tsp fresh ground pepper  
Dash of hot sauce, if desired  
1 tsp fresh thyme leaves  
2 T. or more fresh ground Parmesan cheese

Bring milk to a high temperature being careful not to burn. Slowly add the corn meal and stir. Cook until thick. Add butter, salt and pepper. Stir in the hot sauce if using. Stir in the cheese and thyme.

Lightly grease a pie pan. Place the polenta into the pie pan and smooth out. Place in refrigerator when cooled off. When cold and set - prepare pan for frying.

Place small amount of olive oil or butter in a fry pan. Slide the polenta from the pie pan. Begin to fry but not at too high a temperature. Take a butter knife and cut the polenta into 8 wedges. Turn each wedge to brown the other side.

Serve just as is or with a very good tomato sauce. Have a nice green salad with some chicken slices in it, a glass of wine and you are all set.