



LIVE AND LEARN FAMILY NEWS JANUARY 15, 2018

Reminders!

- Our Family Survey has been emailed to your email on file. Please help us by taking the survey. If you don't see it in your inbox, please check your Junk Mail.
- We are CLOSED January 15th.
- We are OPEN January 22nd, ORCSD will be Closed. Be on the lookout for school age children's sign up.



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Gerry's Kitchen

Breakfast Polenta

Ingredients:

- ♥ Olive or Canola Oil Spray
- ♥ 1 tsp. Salt
- ♥ One (13oz.) Box Instant Polenta
- ♥ 1/4 Cup Packed Brown Sugar
- ♥ 1 tsp. Ground Cinnamon
- ♥ 1/2 tsp. Ground Nutmeg
- ♥ 4 TBSP. Unsalted Butter
- ♥ Pure Maple Syrup or Honey



Directions:

1. Line a baking sheet with foil and coat it with olive or canola oil spray.
2. In a medium saucepan, add the salt to 7 cups of water and bring it to a boil over high heat.
3. Add the polenta in a slow stream, whisking continuously to avoid lumps.
4. Turn the heat to low and continue to stir with a wooden spoon until the polenta thickens, 5 to 8 minutes. You may add more hot water as needed to keep the polenta at a smooth consistency.
5. Turn off the heat and add the brown sugar, cinnamon, nutmeg, and 3 TBSP. of the butter. Stir to combine.
6. Pour the polenta onto the baking sheet and spread it out with the back of a spoon to cover the sheet evenly (it will be about 1 inch thick).
7. Refrigerate the polenta for at least 30 minutes or up to 24 hours.
8. Remove from the refrigerator and use cookie cutters to stamp out fun shapes. And you the parent get to eat all the polenta scraps. YUM!
9. Heat the remaining 1 TBSP. butter in a large sauté pan over medium heat. Working in batches, cook the polenta shapes for 3 to 5 minutes on each side, until golden. Serve.

NOTE: Polenta will keep, covered, in the refrigerator for 1 week. To reheat, place in a sauté pan and cook over low heat for 2 minutes on each side or in a toaster oven for 2 minutes.