

GRILLED POLENTA

Cornmeal is truly the all-American grain.

Recipe from Mary Sue Milliken & Susan Feniger foodnetwork.com

Featured Food: Cornmeal

Yield: Serves 6-8

Ingredients

2 T. extra virgin olive oil	1 t. freshly ground black pepper
½ medium red onion, small diced	½ c. freshly grated Parmesan cheese
2 cloves garlic, finely minced	2 T. unsalted butter
2 c. chicken or vegetable stock, preferably homemade	1 T. fresh chopped thyme (or ½ t. dried thyme)
1 c. whole or 2% milk	1 T. fresh rosemary (or ¼ t. dried rosemary)
1 ½ t. sea salt (or 1 t. kosher salt or ¾ t. table salt)	1 T. fresh chopped parsley
1 c. polenta (coarse grind yellow cornmeal)	Olive oil, for brushing

Preparation

In a large heavy saucepan, heat the olive oil over medium low heat. Add the red onion and sauté, stirring constantly, for about 3 minutes, or until softened. Add the garlic and cook for 1 minute more. Add the chicken stock, milk, salt, and pepper then bring to a boil over medium high heat. If using dried herbs, add them at this point. Reduce the heat; when the liquid is simmering, gradually sprinkle the polenta over in a very slow, thin stream, whisking constantly in the same direction until all the grains have been incorporated and no lumps remain. Reduce the heat to very low.

Switch to a wooden paddle and stir thoroughly every 1 or 2 minutes for 15 to 20 minutes, or until the mixture pulls away from the sides of the pan and the grains of polenta have softened. Stir in the parmesan cheese, fresh herbs and butter. The mixture will be quite thick. Add salt to taste.

Spray an 8 x 12 inch roasting pan or glass baking dish with cooking spray. Mound the polenta into the pan; using a rubber spatula repeatedly dipped in very hot water, spread the polenta evenly in the pan. Cover with a kitchen towel and allow to rest for 2 hours at room temperature or up to 24 hours in the refrigerator.

When ready to serve, preheat a non-stick sauté pan to medium high heat. Brush the pan with oil. Cut the polenta into 8 equal squares and brush them with olive oil. Transfer the squares to the pan and grill for about 6 minutes on each side, or until deep golden brown. Serve immediately.