



FRESCOBALDI ITALIAN RECIPES

Grilled Polenta Triangles with Mushrooms

This is a simple dish that can be made 1 day ahead. Just grill and heat before serving.

Serves 6

Polenta*Ingredients*

5 cups water

1 1/4 cup ground yellow cornmeal

1 tsp sea salt

3/4 cup grated Parmesan cheese

Extra-virgin olive oil for brushing pan and triangles

Grease a 13 x 9 baking pan with olive oil or butter, put aside. Bring water and salt to a boil in a large saucepan. Gradually sprinkle and constantly stir the corn meal into the water to keep from clumping. Once all the corn meal is added, lower the heat to simmer. Continue to constantly stir until smooth. Then stir frequently, until thickened and pulling from the sides of the pan, about 15 minutes. Remove from heat and stir in parmesan cheese. Press polenta into the prepared baking pan, cover and refrigerate until firm, at least 3 hours (can be prepped ahead of time up to this point). Before serving cut into 12 triangular wedges (start by making six squares). Brush both sides with olive oil. Heat triangles on grill or in broiler before serving.

Mushroom topping*Ingredients*

3 tbsp extra virgin olive oil

1/1/2 lbs variety of fresh mushrooms, cleaned and coarsely chopped

1/4 cup white wine

1/4 cup chicken broth

1 tsp crushed red chili pepper

1 tbsp butter

1 tbsp fresh chopped Italian parsley

Heat olive oil in a large skillet. Add mushrooms, stir to coat with oil and start to release juices. Add pepper and wine, bring to a simmer and cover for 15 minutes, until aromatic (can be prepped ahead of time up to this point). Remove cover and whisk in butter to thicken broth. Toss w/ parsley just before serving. Top the grilled polenta triangles with a generous spoonful of mushrooms.