



Richard Romney

Inspired by, Be Cool Grandpa

be cool grandpa

Baked Polenta with Roasted Peppers

Serves: 6

**Prep time: 20 min.
Cook time: 40 Min.**

Skill level: easy

**Cooking method: 12 in
cast iron**



ingredients:

2 tablespoons olive oil or
butter for cast iron skillet
3/4 cup finely chopped shallot
2 cloves garlic, finely minced
1 quart chicken stock
1 cup coarse ground cornmeal
3 tablespoons butter
1 1/2 teaspoons salt
1/4 teaspoon freshly ground
black pepper
2 ounces Parmesan, grated
(Roasted Red Pepper Sauce)
12 oz. jar roasted red peppers
2 tablespoons olive oil
1 large garlic clove
3 tablespoons fresh basil chives
1 tablespoon balsamic vinegar



instructions:

Polenta:

Step 1- Preheat oven to 350 degrees F.

Step 2- In a 12" cast iron (or oven safe pan) heat the olive oil over medium heat. Add shallot and salt and sweat until the onions begin to turn translucent, approximately 4 to 5 minutes. Reduce the heat to low, add the garlic, and sauté for 1 to 2 minutes, making sure the garlic does not burn.

Step 3- Turn the heat up to high, add the stock, bring to a boil. Gradually add the cornmeal while continually whisking. Once you have added all of the cornmeal, cover the pot and place it in the oven. Cook for 35 to 40 minutes, stirring every 10 minutes to prevent lumps. Once the mixture is creamy, remove from oven and add the butter, salt, and pepper. Once they are incorporated, gradually add the Parmesan.

Step 4- Serve as is, or pour the polenta into a 9 by 13-inch cake pan lined with parchment paper. Place in the refrigerator to cool completely.

Step 5- Once set, turn the polenta out onto a cutting board and cut into squares, rounds, or triangles. Brush each side with olive oil and sauté in a nonstick skillet over medium heat, or grill.

Roasted Red Pepper Sauce:

Step 1- Add jar of roasted red peppers, olive oil, garlic, chives, and balsamic vinegar into a food processor or blender.

Mix and serve with polenta on the side.



grandpa's thoughts:

This is a great way to introduce the family to polenta. It tastes great and is fun to serve. If you want to skip the roasted peppers, just add fresh tomatoes and serve.