

Grilled Polenta (Grits)

March 14th, 2021

This recipe serves: 4

Prep Time: 00:15

Cook Time: 00:30

Polenta is a dish from Northern Italy, similar to Grits from the US South. Polenta (and Grits) are made from coarsely ground yellow corn. Polenta can be cooked, poured into a mold and shaped. Refrigerating the polenta for a few hours, or overnight, will set the shape. Then, you can grill or pan sear the Polenta and serve it warm.

Ingredients:

4 Cups Chicken Stock

1/2 Teaspoon Table Salt

4 Tablespoons Unsalted Butter

1 Clove (1/2 Teaspoon) Garlic, finely minced or 1/8 Teaspoon Garlic Powder

1 Cup Coarse Ground Yellow Corn

2 Tablespoons Heavy Cream

1 Tablespoon Cilantro, finely chopped

4 Ounces Parmigiano-Reggiano Cheese, finely grated

Directions:

In a medium saucepan, mix the Chicken Stock, Salt, Butter, and Garlic.

Bring to a low boil.

Mix in the Ground Corn. Mix to ensure there are no clumps.

Reduce the heat to the lowest setting.

Cook for 30 minutes, stirring frequently.

Remove from heat.

Add the Heavy Cream, Cilantro, and Cheese and mix until fully incorporated.

Move the Polenta into an 8x8 casserole pan. Cover with plastic wrap and refrigerate for a few hours to overnight, ensuring that the Polenta is fully set.

Use a square or a round cookie cutter to shape each serving.

In a small pan, heat Olive Oil over medium heat until the Oil begins to shimmer. Add one Polenta "cookie" to the Oil and pan sear for about 3 minutes.

Use a spatula to flip the Polenta. Sear the other side for another 3 minutes.