

# Grilled Shrimp and Polenta Cakes with Grilled Corn and Green Chile Salsa

From a Phillis Carey cooking class, 8/2014



## SHRIMP:

- 12 extra large shrimp, cleaned, tails on
- 1/4 cup grapeseed oil, or vegetable oil
- 2 tablespoons fresh lime juice
- 1 tablespoon honey
- 1 tablespoon cilantro, chopped
- 1 clove garlic, minced

## POLENTA CAKES WITH CORN:

- 2 tablespoons grapeseed oil, or vegetable oil, plus a bit more for cooking the cakes
- 1 cup onion, finely diced
- 2 cloves garlic, minced
- 1/2 cup dry white wine
- 4 cups low-sodium chicken broth
- 1 cup yellow cornmeal, or polenta
- Salt and freshly ground black pepper to taste
- 2 ears of corn, perfectly grilled (with grill marks) kernels removed

## RELISH:

- 6 ears of corn, perfectly grilled (with grill marks) kernels removed
- 2 whole poblano peppers, roasted, peeled, seeded, diced
- 1 small red onion, finely diced
- 2 whole limes, juiced
- 1 tablespoon honey
- 1/4 cup grapeseed oil, or vegetable oil
- 1 tablespoon cilantro, finely chopped
- Salt and freshly ground pepper to taste

## Servings: 4

- SHRIMP:** Place shrimp in a bowl and add remaining ingredients. Cover and refrigerate for 30-60 minutes (MAXIMUM). Remove from marinade and thread shrimp on bamboo skewers which have been soaked in water for 30 minutes. Grill shrimp 3-4 minutes per side. Remove shrimp from skewers and keep warm.
  - POLENTA CAKES:** (Do this several hours ahead if possible.) Oil the bottom and sides of a 9x11 inch baking pan (if you have a nonstick pan, use it) and set aside. Heat the oil in a medium saucepan over high heat. Add the onion and cook until soft, about 3 minutes. Add the garlic and cook for 30 seconds. Add the wine and cook until completely reduced.
  - Add the chicken broth and bring to a boil. Slowly whisk in the cornmeal, stirring so it doesn't clump and cook until it begins to thicken. Season with salt and pepper, reduce heat to medium, switch to a spatula or wooden spoon and continue cooking, stirring often, until the mixture is smooth and soft, about 8 minutes. If the mixture becomes too thick, stir in some water, but it should be a pourable consistency.
  - Stir in the grilled corn kernels and pour the mixture into the prepared pan and spread evenly (it will be thin). Cool to room temp, then cover and refrigerate until firm, about 2 hours. May be made a day ahead. Cut the polenta cakes into 4-inch squares.
  - RELISH:** Combine the grilled corn, diced chiles, onion, lime juice, honey, oil and cilantro in a medium bowl and season with salt and pepper. Let the relish sit at room temp for at least 30 minutes before serving. It can be made up to 8 hours ahead and refrigerated. Bring to room temp before serving.
  - FINAL PREP:** To cook the polenta cakes, heat a stove-top grill or griddle over medium heat for about 10 minutes. Brush the cakes on both sides with oil and season with salt and pepper. Cook the cakes until golden brown (still on medium heat) until they just barely get golden brown and very slightly charred on each side, about 1 1/2 minutes per side. Remove to hot serving plates and top each cake with shrimp and some of the relish.
- OPTIONS:** Add some grated cheddar cheese to the polenta cakes, or Cotija cheese. You may also make the polenta soft, keeping it pourable as you make it and pour some onto each plate then add the shrimp and relish.

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Per Serving (excluding unknown items): 747 Calories; 40g Fat (44.2% calories from fat); 26g Protein; 87g Carbohydrate; 10g Dietary Fiber; 32mg Cholesterol; 109mg Sodium. Exchanges: 4 Grain(Starch); 2 Lean Meat; 2 Vegetable; 1/2 Fruit; 7 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>