

Corn Polenta with Mushroom Ragu

Phillis Carey, cooking class 2013



MUSHROOM RAGU:

- 1 tablespoon olive oil
- 2 ounces prosciutto, cut in thin strips
- 2 tablespoons unsalted butter
- 1/4 cup shallots, chopped
- 2 cloves garlic, minced
- 1 pound mushrooms (mixture of button, shiitake, crimini or Portobello), trimmed and quartered or cubed, not sliced

Salt and pepper to taste

1 teaspoon fresh thyme, chopped

1/2 teaspoon fresh rosemary, chopped

1/2 cup chicken broth

1/4 cup heavy cream

2 tablespoons flat leaf parsley, chopped

6 tablespoons Parmigiano-Reggiano cheese, grated

POLENTA:

5 cups chicken broth

1 clove garlic, minced

1 cup yellow cornmeal (Albers brand is best)

1 cup corn kernels, frozen type, thawed

2 tablespoons unsalted butter

Servings: 6

1. **MUSHROOMS:** Heat olive oil in a large skillet over medium-high heat. Add prosciutto and cook until crispy, about 4 minutes. Remove with a slotted spoon to a paper towel-lined plate. Add butter to the skillet and saute shallots and garlic briefly, about 30 seconds. Add mushrooms and sprinkle with salt and pepper, thyme and rosemary. Cook until mushrooms are nicely browned and all the liquid has cooked away. Add chicken broth, and simmer, scraping up any browned bits from the bottom of the pan. Add cream and bring to a boil. Remove from the heat and season to taste with salt and pepper.

2. **POLENTA:** Bring broth and garlic to a boil in a large saucepan over high heat. Lower heat and gradually whisk in cornmeal. Return to a simmer and stir often, cooking until polenta thickens and is not gritty in texture, about 7-9 minutes. Stir in corn and cook for 1 more minute. Stir in butter until melted and season to taste with salt and pepper.

3. Spoon polenta into a wide bowl and top with mushroom mixture, then sprinkle top with prosciutto and grated Parmesan. Serve immediately.

Per Serving (excluding unknown items): 330 Calories; 18g Fat (48.1% calories from fat); 14g Protein; 30g Carbohydrate; 3g Dietary Fiber; 45mg Cholesterol; 1059mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 Fat.

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