
Cornmeal and Kabocha Squash Polenta

Caroline Cazaumayou, chef, Antoine's San Clemente, CA, 2017



Servings: 8

1. Preheat oven to 425F. Poke a few holes in the kabocha squash (upper half) and roast it whole for about 20 minutes. This will allow you to cut in half with ease. Cool for about 20 minutes, then cut in half crosswise. Turn it cut side down onto a parchment lined baking sheet and bake an additional 35 minutes or so. Cool, then scoop out the flesh and set aside to cool.
2. In a 4-quart saucepan, bring the broth and milk to a boil. Lower heat and slowly whisk in the cornmeal. Cook, stirring constantly, for about 5 minutes. Remove from heat.
3. Stir in the salt, butter and squash and stir until well combined, the squash is completely heated through and butter is fully melted. Add seasonings to taste. Serve immediately.

3 1/2 pounds kabocha squash, yield: about 4 cups flesh

4 cups vegetable broth, low sodium

1 cup whole milk

1 cup cornmeal

2 teaspoons kosher salt

4 tablespoons unsalted butter

Per Serving (excluding unknown items): 319 Calories; 9g Fat (27.4% calories from fat); 9g Protein; 44g Carbohydrate; 9g Dietary Fiber; 21mg Cholesterol; 1301mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Non-Fat Milk; 2 Fat.

Carolyn T's Blog: tastingspoons.com