

Polenta with Meat Sauce

Active Time	Total Time	Yield
N/A	N/A	Serves : 4

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This is comfort food at its finest: a quick-cooking Bolognese sauce, made with sausage, tomatoes, aromatic vegetables, and a touch of light cream, served over a mound of earthy polenta. Of course, you could put the same sauce over fettuccine instead. **Slideshow:** More Great Polenta Dishes

Ingredients

4 tablespoons
olive oil

1 1/2 pounds
mild Italian
sausage,
casings removed

2 carrots,
chopped

1 onion, chopped

4 cloves garlic,
minced

How to Make It

Step 1 In a large deep frying pan, heat 1 tablespoon of the oil over moderately high heat. Add the sausage and cook, breaking up the meat with a fork until no longer pink, about 3 minutes. Tilt the pan and spoon off all but 2 tablespoons fat. Reduce the heat to moderate. Add the carrots, onion, and garlic and cook, stirring occasionally, until the vegetables start to soften,

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1/3 cup dry white wine

1 1/2 cups
canned crushed tomatoes in thick puree (from one 15-ounce can)

3/4 cup canned low-sodium chicken broth or homemade stock

6 tablespoons
chopped fresh parsley

1 bay leaf

1 3/4 teaspoons salt

1/4 teaspoon
fresh-ground black pepper

3 tablespoons
light cream

4 1/2 cups water

1 1/3 cups
coarse or medium cornmeal

3 tablespoons
grated Parmesan, plus more for serving

about 5 minutes.

Step 2 Stir in the wine and let simmer 3 minutes. Add the tomatoes, broth, 4 tablespoons of the parsley, the bay leaf, and 1/2 teaspoon of the salt. Simmer, covered, for 15 minutes. Uncover, add the pepper, and simmer 5 minutes longer. Remove the bay leaf. Stir in the cream and the remaining 2 tablespoons parsley.

Step 3 Meanwhile, in a medium saucepan, bring the water and the remaining 1 1/4 teaspoons salt to a boil. Add the cornmeal in a slow stream, whisking constantly. Whisk in the remaining 3 tablespoons oil. Reduce the heat and simmer, stirring frequently with a wooden spoon, until the polenta is thick, about 20 minutes. Stir in the Parmesan.

Step 4 Serve the polenta topped with the meat sauce. Pass additional Parmesan.

Suggested Pairing

Homey food calls for a simple but flavorful red wine. For a touch of regional authenticity, select a Sangiovese di Romagna.

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