

Wild Mushroom Sauce Over Polenta

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Palm Beach Post

Servings: 6

1/2 to 1-1/2 ounces dried porcini mushrooms
2 cups hot water
1 cup coarse cornmeal
4 cups cold water
2 tablespoons olive oil
2 cloves garlic, peeled and cut in half
1 pound fresh mushrooms (any mix), quartered
1 teaspoon salt
2 tablespoons minced onion or shallot
1/2 cup dry white wine
1 tablespoon tomato paste
1 teaspoon minced rosemary
1 tablespoon parsley, chopped
1/2 teaspoon red wine vinegar (or to taste)
Parmigiano-Reggiano cheese, grated

In a medium bowl, cover the dried mushrooms with hot water and set aside to soak, at least 30 minutes.

For the polenta: In a saucepan, combine the cornmeal and water. Bring to a boil over medium heat. Reduce the heat to low. Cook the polenta, stirring often, until thickened, about 30 minutes. Season to taste with salt and pepper. Pour the polenta into an oiled baking pan or sheet and refrigerate until firm, about 2 hours.

In a large skillet, heat the oil with the cloves of garlic and cook over medium-high heat about 4 to 5 minutes. Add the fresh mushrooms and salt, stirring for about 10 minutes.

While the fresh mushrooms cook, lift the dried mushrooms from the water with your hands, reserving the soaking liquid. Squeeze them dry, draining the liquid back into the bowl. Chop the mushrooms coarsely and add to the cooked fresh mushrooms. Decant the soaking liquid through a strainer and into a measuring cup. You should have 1 1/2 to 2 cups.

Add the onion and increase the heat to high, cooking for 3 to 5 minutes. Add the white wine and cook another 5 minutes.

Reduce the temperature to medium and stir in the tomato paste. Cook, stirring, for 3 minutes. Add 1 1/2 cups of the strained soaking liquid and gently simmer over medium-low heat until the juices are thickened and creamy, stirring occasionally, about 20 minutes.

Stir in the rosemary and parsley. Taste and add just enough red wine vinegar to give the sauce depth.

To serve, cut the polenta into individual portions and grill, broil or heat in a 350 degree oven until warm.

Spoon about 1/3 cup of the mushrooms over the heated polenta serving and sprinkle grated cheese on top.

Per Serving (excluding unknown items): 58 Calories; 5g Fat (87.2% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 385mg Sodium. Exchanges: 0 Vegetable; 1 Fat.