



Cooking with Rosanna / Polenta with Mushrooms

Rosanna Di Michele (January 12, 2017)



Polenta is a dish of boiled cornmeal. It may be consumed hot as a porridge or allowed to cool and solidify into a loaf, which is then baked, fried, or grilled. As it is known today, polenta derives from earlier forms of grain mush (known as *puls* or *pulmentum* in Latin or more commonly as *gruel* or *porridge*), commonly eaten since Roman times. Before the introduction of corn (maize) from America in the 16th century, polenta was made with such starchy ingredients as farro, chestnut flour, millet, spelt, and chickpeas. Let's find out how to make polenta with mushrooms.

Serves 4 People

3 CUPS POLENTA

4 CUPS FRESH MUSHROOMS (VARIOUS)

4 TABLESPOONS EXTRA VIRGIN OLIVE OIL

1/4 CUP SHAVED PARMIGIANO REGGIANO

3 CLOVES GARLIC

3 SPRIGS PARSLEY



SALT TO TASTE

DIRECTIONS:

- Wash mushrooms and cook for a few minutes with oil and garlic. Add a little chopped parsley for flavor
- Meanwhile bring 4 cups of water to a boil. Add salt and a touch of oil before pouring the flour in
- Cook on low heat for approximately 30 minutes. (If using precooked flour, follow the cooking instructions on the package, usually 5 minutes)
- Spread the polenta on a wood cutting board and top it with mushrooms, parsley and cheese
- After a few minutes, add the tomatoes and cook for another 10 minutes
- Serve immediately
- Dig in!!

Rosanna Just Joined i-Italy Catering and she's ready to come and cook at your home!

For more information and recipes: www.cookingwithrosanna.com [2]

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