Polenta with Shitake Mushrooms

Description

Polenta is a staple food from the North of Italy, made from corn meal. While the simplicity of Polenta is one of its virtues, variations like Polenta with Shitake Mushrooms are easy ways to enhance this versatile dish.



Summary

Yield: 4
Prep Time: 1 hour
Category: Grains
Cuisine: Italian

Ingredients

- 1 cup polenta (corn meal)
- 4 cups chicken broth
- 1/2 cup dried shitake mushrooms
- 1 tsp coarse salt
- 6 green onions, chopped fine
- 1 tbsp olive oil
- 1/2 tsp fresh ground black pepper

Instructions

Pre-soak shitake mushrooms in 4 cups of chicken broth for 10 minutes. Pour chicken broth and mushrooms into a saucepan, add 1/2 teaspoon of coarse salt, and bring to a full boil.



Reduce heat, bring rapid boil down to a low boil. Add cup of polenta corn meal. Add 1/2 teaspoon of fresh ground pepper. Stir to mix thoroughly. Cook uncovered for 30 minutes, stirring frequently to prevent sticking and lumps. With wooden cooking spoon, stir to locate and breakup any lumps to fully dissolve into mixture.

At 25 minutes (5 minutes before polenta is finished cooking), add finely chopped green onions (about 1/3 cup) . Stir thoroughly to mix.



Spray a shallow baking dish with olive oil spray. Transfer polenta mixture to the baking dish. Allow to sit and cool, about 30 minutes.

Pre-heat oven to 400° F. Brush 1 tablespoon of olive over the top. Bake in oven for 15 to 20 minutes.