

Cooking at Riegelmann's

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Polenta with Sausage

Ingredients

1 tablespoon olive oil
1 teaspoon chopped fresh garlic
¼ diced yellow onion
3 cups chicken broth
2 cups whole milk
1 cup polenta
½ cup grated parmesan cheese
Kosher salt & pepper to taste
4 Italian sausage links
1 cup prepared marinara sauce

Use a heavy bottom, 3-quart saucepan,

Over medium heat sweat the olive oil, garlic and onion gently.

Add the chicken broth and milk. Bring to a simmer.

While stirring, add the polenta to the simmering broth. Combine well to avoid or even break up any lumps that might form.

Allow it to come back to a simmer while stirring occasionally.

Reduce the heat to low and let the porridge cook for at least 30 minutes, stirring at least every five minutes.

If it gets too thick add ½ cup water (or milk if you like a richer flavor.)

As the polenta is finishing, grill or bake the Italian sausages and warm the marinara sauce.

To serve, stir the parmesan into the polenta, spoon the polenta into individual bowls, top with a ladle of the warm marinara sauce and a hot sausage

