



FARMSTAND POLENTA with MUSHROOM RAGOUT

Serves 4

The creamy soft polenta and the meaty texture of the mushrooms make this a satisfying vegetarian meal.

Polenta

4 cups water
1 cup Three Sisters Fine Cornmeal *
1 teaspoon salt
¼ cup Blue Marble Cream or Half and Half *
1 cup freshly grated Parmesan cheese

Mushroom Ragout

2 teaspoons olive oil
1 cup shitake or cremini mushrooms, small dice *
1 ½ cups First Slice Tomato All Day *
salt and pepper to taste

In a heavy saucepan bring the water to a rapid boil. Slowly stir in the cornmeal and salt. Reduce heat to medium-low; cover. Stir occasionally. Cook for 20 minutes or until thickened. Remove from heat. Stir in the cream and parmesan cheese.

Meanwhile, while the polenta is cooking prepare the mushroom ragout. In a medium skillet, heat the olive oil and add the mushrooms. If using shitake, remove the stems before cutting. Saute the mushrooms until tender, about 4-5 minutes. Pour in the Tomato All Day and let simmer for 10 - 15 minutes, to let the flavors blend.

From the files of JoAnn Relf

*** Items available at the Chicago Downtown Farmstand**

