



Polenta con salsiccia – Polenta with Sausage

Country of origin: Italy

“Polenta with sausage is a farmers’ dish typical of Northern Italian culinary tradition, prepared and enjoyed especially in the cold winter months. Polenta is inexpensive, easy to prepare and extremely versatile. It can accompany all kinds of meat or vegetables in sauce.”

Ingredients

Polenta

2 litres water

500g fine polenta

1 ½ teaspoons salt (for health reasons you may choose to reduce or eliminate salt)

1 teaspoon extra virgin olive oil

Sauce

1 medium white onion, peeled and sliced thinly

500g sausages, chopped into 2-3cm pieces

1 teaspoon extra virgin olive oil

½ cup white wine

400g tin tomatoes

Parmigiano or Pecorino cheese to taste

Herbs such as sage, rosemary, bay leaves

Salad

80g rocket leaves, washed and dried

1 red apple, sliced

5 walnuts

2 teaspoons olive oil

1 teaspoon wholegrain mustard

1 lemon

60g parmesan cheese, shaved

Ingredients Notes:

- Using lean beef instead of sausages will lower the salt and saturated fat content of the recipe. Tofu can be used to make the recipe vegetarian.
- If you cook too much polenta, refrigerate the leftovers and use the next day to make polenta chips or croutons.



Method

1. Pour 2 litres of water into a large pot and bring to the boil.
2. While waiting for water to boil, brown onion in a large frypan with a drizzle of olive oil.
3. Add salt and a teaspoon of olive oil to the pot (*for health reasons you may choose to reduce or eliminate salt, try adding a pinch at a time*).
4. Slowly add the polenta to the pot, whisking to avoid lumps forming. Then stir polenta with a wooden spoon.
5. Follow cooking times on packet to cook the polenta over low heat until creamy, stirring occasionally so it does not stick to the bottom of the pot. Once cooked turn off heat and cover.
6. Add chopped sausages to onion and brown for 3-4 minutes.
7. Add white wine to the sausages and onion and let the alcohol evaporate. Add sage or other herbs of your choice to the sausages and continue cooking.
8. Roughly squash the tinned tomatoes with a spoon, add to the sausages and season with salt (*for health reasons you may choose to reduce or eliminate salt, try adding a pinch at a time*). Cook over low heat for 10 – 15 minutes, until sauce has thickened.
9. While the sausage is cooking, prepare the salad by putting rocket and sliced apple in a bowl.
10. In a separate bowl prepare salad dressing by combining the juice of the lemon, mustard and olive oil and whisking together. Season with cracked pepper.
11. Top salad with walnuts. Drizzle over dressing and top with shaved parmesan cheese.
12. Serve a ladle of polenta and one or two sausages with plenty of sauce for each person. Serve with rocket salad.