

Polenta

with Pepper and Fresh Basil

Serves 10

Polenta

Corn meal or instant polenta	1 ½ cups
Parmesan cheese, grated	1 cup, divided
Cayenne pepper	¼ teaspoon
Water or broth	4 cups
Vegetable oil cooking spray	As needed
Fresh parsley, coarsely chopped	½ cup for garnish

Fresh Basil Vinaigrette

Fresh basil, coarsely chopped	¾ cup
Red bell pepper, finely diced	¾ cup
Lemon juice	½ cup
Garlic, finely chopped	3 cloves
Olive oil	½ cup
Salt and pepper	To taste

Vinaigrette:

In a small mixing bowl, whisk together ingredients for basil vinaigrette. Let stand for at least 30 minutes at room temperature.

Polenta:

Bring water or broth to a boil in a large heavy saucepan. Add polenta in a stream, whisking to combine. Reduce heat to medium-low and simmer, stirring frequently, until thick, 3 to 5 minutes. Whisk in 2/3 cup Parmesan and season with cayenne and salt. Coat a 9 x 12 inch roasting pan with cooking spray. Transfer polenta to pan, smooth into an even layer and let cool 15 minutes

Heat broiler. Sprinkle cooled polenta with remaining 1/3 cup Parmesan. Broil polenta until golden brown, 2 to 3 minutes, then cut polenta into serving size squares. Divide polenta among 10 plates. Drizzle with vinaigrette and sprinkle with fresh parsley. Serve any remaining vinaigrette on the side.