



Creamy Polenta with Roasted Mushrooms

Ingredients:

!For the Roasted Mushrooms:

1 lb. mixed mushrooms, baby bellas, shitakes and hen of the woods or beech

2 Tbsp olive oil

1 Tbsp. balsamic vinegar

1 Tbsp. minced garlic

1 tsp chopped fresh thyme

1-2 Tbsp. flour

1/4c-1/2 c red wine or vegetable broth

Salt and black pepper, to taste

1/4 cup chopped flat leaf Italian parsley

!For the Creamy Polenta:

2 cups milk

1 1/2 cups water

1/2 tsp kosher salt

3/4 cup stoneground polenta (not instant)

2 Tbsp. butter

1 ear of fresh corn, or 1 c frozen or canned corn

3/4 cup freshly grated Parmesan cheese

Extra Parmesan cheese for serving, optional

Directions:

Preheat the oven to 400 degrees Fahrenheit.

Quarter the baby bellas, stem and slice the shitakes. Separate the hen of

the woods and/or beech mushrooms from their stems (they are clumped) before quartering.

Place all the mushrooms in a medium bowl and drizzle with olive oil and balsamic vinegar.

Add the garlic salt, pepper and thyme, then toss.

Spread mushrooms onto a large greased baking pan and roast for 15-20 minutes or until mushrooms are tender, stirring occasionally.

Sprinkle with flour and stir. Add wine in small amounts, until it thickens and coats the mushrooms. Remove from the oven and stir in parsley.

While the mushrooms are roasting, make the polenta. In a medium saucepan, combine milk, water, and salt over medium-high heat and bring to a simmer. When it simmers, slowly pour in the polenta and whisk to combine.

Reduce heat to low and partially cover the pan with a lid and cook, whisking vigorously every 5 minutes. Make sure you scrape the sides of the pan. Cook until liquid is absorbed and polenta is creamy, about 30 minutes.

When it has nearly cooked, about five minutes from the end, add in the corn. Remove from heat and stir in the butter and Parmesan cheese.

Divide the polenta into four bowls.

Top with roasted mushrooms and garnish with Parmesan cheese, if desired. Serve immediately.