

Grilled Polenta

Servings: 4

Source: Food and Wine, December 2001 -- Serve with Slow-Cooked Duck

Ingredients

- 1 ounce Medium/coarse Cornmeal
- 3½ cups Water
- 1½ Tbs Unsalted Butter
- Kosher Salt, Pepper
- Olive Oil, For Brushing

Method

1. Preheat the oven to 350. Grease an 8-inch wide heavy ovenproof saucepan. Add cornmeal, water, 1 Tbs butter, 1½ tsp salt and stir well. Bake uncovered for 45 minutes. Stir the polenta and bake 25 minutes longer.
2. Remove polenta from the oven. Stir in remaining ½ Tbs butter and season with salt and pepper. Let stand for 5 minutes. Pour the polenta into an 8-by-4-inch loaf pan and let cool. Cover and refrigerate till firm.
3. Light a fire or heat a grill pan. Unmold the polenta onto a work surface and cut loaf crosswise into 8 slices. Lightly brush the slices with olive oil and grill over low heat to crisp slowly, turning once, about 15 minutes per side. transfer polenta to a platter and serve.

Notes

MAKE AHEAD: The polenta can be prepared through step 2 and refrigerated for up to 4 days.