



Creamy Fresh Corn Polenta

This Creamy Fresh Corn Polenta recipe from Executive Chef Reyna may be the swiss army knife of vegetarian side dishes – it’s a multi-tool you can easily do so much with. It’s scrumptious plain or dressed up with fresh herbs. For a creamier dish, add avocado. Tomatoes, with their slight acidic bite, are also a great addition. Or, for extra protein, top the polenta with a fried egg and a dash of siracha. We love it with simple herbs and parmesan. Let us know how you like yours.

Serves 4 to 6

INGREDIENTS:

- 4 cups fresh corn kernels
- 1 cup polenta
- 1 shallot, minced
- 4 cups vegetable broth- divided
- 2 tablespoons olive oil
- 2 tablespoons butter or ghee
- 1/4 cup shaved parmesan
- Salt and Pepper to taste
- 1/4 cup fresh or dried herbs (oregano, sage, parsley)

METHOD:

1. Blend the corn kernels with 2 cups vegetable broth in a food processor, so that it transforms into a creamy paste, not a soupy liquid.
2. In a pot, add the olive oil. Once it is hot, add shallot and sauté over medium-high heat, occasionally stirring until brown. Pour in the polenta and continue to sauté. Add the corn paste, remaining broth, and simmer over low heat for 5 minutes.
3. Season to taste and add the rest of the broth and let cook for 10-15 minutes. Remember to stir the pot to prevent it from sticking.
4. Once the polenta is cooked, finish by adding the butter or ghee, the parmesan, and the chopped herbs.
5. Season to taste and serve hot.

¡Buen Provecho!