

Creamy Polenta with Sausage & Mushroom Ragu paired with Barbera, Santa Barbara County

Serves 6

Polenta

6 cups water
1 teaspoon salt
3 cups Polenta flour
1 tablespoon unsalted butter
1 cup chicken stock
1 tablespoon Extra Virgin Olive Oil
2 tablespoons grated parmiggiano
Salt & pepper

1. In a medium stockpot, bring the water and salt to the boil then slowly add the polenta, stirring all the time.
2. Stir for 5 minutes then add the butter.
3. Stir for another 10 minutes. As the polenta starts to dry out, add ½ cup of stock.
4. Add the olive oil and parmiggiano and stir for another 10 minutes. Add more stock as needed to keep the polenta moist. Season to taste.



Sausage & Mushroom Ragu

3 tablespoons Extra Virgin Olive Oil
1 medium yellow onion – chopped
½ teaspoon red chili flakes
4 links of Italian sausage – removed from casing and crumbled
Two 16oz cans of chopped tomatoes
1 cup dried Porcini mushrooms, soaked in 1 cup boiling water
2 bay leaves
1 teaspoon dried oregano
1 cap Palmina Barbera Santa Barbara County
Salt & pepper
3 tablespoons fresh parsley- chopped
3 tablespoons grated parmiggiano

1. Heat the oil in a large skillet over a medium flame then add the onion. Sauté until the onion is translucent. Add the red chili flakes and sausage meat and sauté until browned.
2. Add the tomatoes, mushrooms, bay leaves and oregano. When it starts to boil, simmer for 5 minutes.
3. Add the wine and simmer for another 10 minutes. Season to taste.

Place a serving of polenta in a shallow bowl, top with a serving of ragu. Top with parsley and parmiggiano.

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