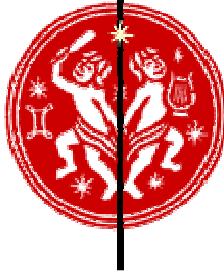


# PALMINA



## **Grilled Polenta with Summer Vegetables**

*paired with 2005 Dolcetto*

3 cups water  
1 cup quick-cooking Polenta or yellow cornmeal  
1 teaspoon salt

Bring the water to a boil. Add the polenta in a thin stream, stirring constantly. Lower heat to a simmer, season with salt and cook 5 to 7 minutes, until the consistency of thick oatmeal. Pour into a clean but not greased 9 x 13" baking dish and allow to cool.

Cut the polenta into quarters, then halve each quarter diagonally to make 8 wedges. Brush with olive oil, set on grill and cook until slightly charred and crispy – about 10 minutes.

Virtually any summer vegetable benefits from this cooking method – a smear of olive oil then grilled quickly over a hot grill. And the great thing about this is that the vegetables taste even better cold!

Eggplant – cut into ½ inch circles. Brush with olive oil. Cook for 3 – 4 minutes per side.

Green onions – trim roots and the end of the leaved. Brush with olive oil. Grill quickly – about one minute – turning once.

Red and Yellow Pepper – Stemmed, seeded and quartered. Brush lightly with olive oil and grill skin side down until the skin is charred, then flip over for another minute.

Summer Squash – Depending on their size, either cook whole or slice in two. Brush with olive oil. Cook for 3 – 4 minutes per side.

Zucchini – cut into ½ inch strips, brush with olive oil. Cook 2 – 3 minutes per side.

Place two polenta wedges on the plate, cover with a selection of vegetables, drizzle with aged balsamic vinegar. Use a vegetable peeler to shave Parmigiano Reggiano on top and enjoy!