

POLENTA with SAUSAGE SAUCE

Chuck refers to this meal as “Adult Sloppy Joes”! And he’s right, this is comfort food at its best--easy, hearty & pairs perfectly with red wine.

Ingredients:

(1) lb. mild or hot Italian sausages (or a combo)
(1) tube polenta *best sliced at room temperature
(1) can (28 oz.) pear-shaped tomatoes
1/3 cup Harmony red wine
small onion, chopped & sauteed in olive oil
2 tsp. each dried basil & dried oregano
olive oil

For dredging polenta slices:

egg + 1/4 cup milk
1 cup flour + salt & pepper, to taste
1 cup Panko crumbs
1/4 cup parmesan cheese

Directions:

Squeeze sausages from casings into a large frying pan. Stir over high-heat until sausage is crumbly & browned. Remove & discard fat. Sauté chopped onion in olive oil.

Pour tomatoes (with liquid) into the pan. Break tomatoes into small pieces with a spoon. Add sauteed onion, basil, oregano & wine. Boil gently, uncovered & stirring occasionally, until sauce is thick & most of the liquid evaporates—15 to 20 minutes.

Directions for polenta:

Slice polenta into 3/8” thick rounds.
Combine flour, salt & pepper.
Combine egg & milk.
Combine Panko crumbs with parmesan cheese.
Dredge each polenta slice in egg wash, then flour mixture, then egg mixture again. Dip each slice in Panko mixture (coat both sides).
Pan fry polenta pieces in olive oil on medium heat until golden brown.

Spoon sausage sauce over polenta & serve with a Harmony red! Serves 4.