

Sausage, Lacinato Kale & Grape Tomatoes with Soft Polenta

Serves 4:

Ingredients

2 tablespoons olive oil
2 to 3 garlic cloves, thinly sliced
pinch of red pepper flakes (optional)
3 to 4 links of sweet Italian pork sausage
1 pint grape tomatoes
1 bunch lacinato kale, stems removed
kosher salt and freshly ground black pepper

Soft Polenta:

4 cups water
1 cup polenta
1/2 cup cream
1/4 cup freshly grated Parmesan
kosher salt and freshly ground black pepper

freshly grated Parmesan cheese
extra virgin olive oil

Preparation

Thinly slice garlic cloves.

Remove sausage from its casing by squeezing it out of each link with your fingers.

Remove the thick part of kale stems by slicing down either side of each leaf with a knife.

Chop kale into bite sized pieces, then rinse, leaving water clinging to leaves.

In a strainer, wash a pint of grape tomatoes.

Measure out polenta and heavy cream; grate Parmesan cheese.

Place a sauté pan over medium flame.

Heat olive oil until it begins to shimmer and add sliced garlic cloves.

For a bit of heat, throw in a pinch of red pepper flakes.

Cook for a minute and when garlic begins to turn golden, add sausage meat.

Sauté for 5 to 7 minutes, stirring, until meat is cooked through and no longer pink.

Mix grape tomatoes in with sausage, and stir kale leaves into pan.
Turn heat down slightly, cover, and let cook for 7 or 8 minutes, until kale is wilted and tender.
Taste and season with kosher salt and freshly ground black pepper.

Meanwhile, bring a saucepan of water to boil for the polenta.
Check your package for directions, but it's usually 4 cups of water to cook 1 cup of polenta.
When water comes to a boil, add a large pinch of kosher salt and reduce heat to medium low.
Whisk in polenta all at once to avoid clumping.
Continue whisking until polenta thickens and starts to pull away from sides of pan, about 5 minutes.
Stir heavy cream and grated Parmesan into the polenta.
Season with kosher salt and freshly ground black pepper to taste.

Spoon immediately into bowls and top with the sausage, tomatoes and kale.
Shave more fresh Parmesan cheese on top and give one final drizzle of extra virgin olive oil.

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