

Creamy Polenta with Roasted Mushrooms and Asparagus

Serves 4:

Ingredients

1 1/4 pounds assorted mushrooms: shiitakes, oyster, cremini, morels
3/4 pound asparagus
3 - 4 garlic cloves, minced
1 tablespoon picked thyme leaves
extra virgin olive oil
kosher salt and freshly ground black pepper
2 cups milk
2 cups water
large pinch of kosher salt
1 cup polenta
3 tablespoons mascarpone cheese
chopped chives for garnish
splash of best quality balsamic or sherry vinegar
freshly shaved Parmesan cheese for garnish

Preparation

Preheat oven to 400 degrees.
Use a damp cloth or paper towel to lightly brush away any dirt on mushrooms.
Remove stems from shiitakes and quarter caps.
Trim stem ends of cremini and halve or quarter them depending on size.
Trim ends of oyster mushrooms and cut into wedges.
Cut asparagus tips and tender part of stems on the diagonal into 1 inch pieces.
Lay vegetables out on parchment lined baking sheet; sprinkle with garlic and thyme leaves.
Drizzle all with olive oil and season with kosher salt and freshly ground black pepper.
Place in oven to roast for 15 to 20 minutes.
To make polenta, combine milk, water and kosher salt in medium saucepan over medium high heat.
Bring to simmer and whisk polenta into liquid; reduce heat to medium and whisk for 2 minutes.
Turn heat down to low and cover the pan, leaving it slightly ajar.
Simmer for 30 to 40 minutes, uncovering every ten minutes to stir vigorously for a minute.
Make sure to incorporate polenta from the sides of the pan.
When ready, whisk mascarpone into polenta until incorporated.
Serve polenta in shallow bowls and top with roasted mushrooms and asparagus.
Garnish with chopped chives, a splash of balsamic vinegar and shavings of Parmesan cheese.

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