



Polenta Board – Polenta sul Tavolo

Gathered around the table with family or friends, a polenta board, the scent of Italy—and a spoon, right? Right, of course!

🔪🔪🔪 Easy 🍽️ 9 Servings ⌚ 45 min.



An Italian polenta platter just like Nonna's—polenta sul tavolo

Polenta, so popular in Italy, can be served in many delicious ways: stirred until creamy, baked, or fried—and it's even a popular dessert, with many regional family recipes. In our recipe, the polenta is spread out while still warm on a large wooden board and immediately garnished with toppings. It's a wonderfully convivial recipe for your family or friends, because everyone at the table can help themselves to the polenta sul tavolo—and enjoy it—at the same time.

Ingredients

For the polenta:

500 g polenta
1 l vegetable broth
1 l milk
100 g Parmesan
50 g butter
Salt to taste

For the ground meat topping:

150 g cherry tomatoes
1 can of ORO di Parma Organic Chunked Tomatoes with Basil
40 g ORO di Parma Organic tomato paste
2 onions
2 garlic cloves
1 kg organic ground beef
olive oil
a pinch of salt
fresh oregano
a few sprigs of fresh thyme

For the vegetable topping:

1 can of ORO di Parma Organic Chunked Tomatoes with Basil
2 zucchini
2 red onions
150 g cherry tomatoes
Olive oil
Salt and black pepper
fresh oregano

Step 1: The Preparation

Let's start with the crisp, fresh ingredients for the two toppings. If you like, you can make two different toppings: one with vegetables and one with ground meat. That way, everyone can take whatever they like from the polenta board. Set out two plates: On one plate, gather the prepared ingredients for the ground meat topping; on the other, those for the vegetable topping. Let's start with the ground meat topping: Remove the stalks from the celery and then wash both stalks under running water. Also, wash the cherry tomatoes. Peel the onions and trim the ends. Then finely chop the onions and garlic, dice the celery stalks into small cubes, and quarter half of the cherry tomatoes. Next, move on to the vegetable topping: Wash the zucchini thoroughly, remove the stem, and then cut them into medium-sized pieces. Peel the red onions, remove the ends, cut them in half, and slice them into thin half-rings. Quarter the remaining cherry tomatoes as well and add them to the other ingredients on the plate for the vegetable topping.

Step 2: Ground Meat Topping for Polenta

Now heat the olive oil in a skillet. Add the prepared vegetables for the ground beef topping: the chopped onion, garlic, celery pieces, and quartered cherry tomatoes. Sauté the vegetables well for a few minutes. Then add the ground beef and brown it well. Once the meat is nicely browned, deglaze the pan with the chopped tomatoes. Finally, add the tomato paste and season to taste with salt, oregano, and thyme. Let the sauce simmer for about 20 minutes, gently crushing the tomatoes with a wooden spoon as it simmers.

Step 3: The Vegetable Topping for the Polenta

For the vegetable topping, heat some olive oil in a pan. Sauté the prepared vegetables (without the chopped tomatoes) in the oil for a few minutes. Then add the tomatoes and let everything simmer for about 15 minutes. Season to taste with salt, pepper, and oregano—and you're done!

Step 4: Cooking the polenta

To make the polenta, start by grating the Parmesan very finely. Next, pour the broth—which you've already mixed with hot water—and the milk into a large pot, then stir in the polenta

with a large whisk. Stir constantly and bring to a brief boil. Once the polenta has come to a boil, remove it from the heat. Let the hot polenta sit for about five minutes, stirring occasionally. Then add butter and Parmesan cheese and stir them in well. Finally, add salt to taste.

Step 5: The Finale

Spread the polenta onto a large wooden board while it's still warm. An oblong board works especially well for this. Now place the prepared toppings on each half of the polenta. This way, your guests can enjoy the polenta board with meat or vegetable sauce, depending on their preference. By the way: In Italy, polenta is eaten with a spoon. Buon appetito e buon divertimento!

Used products:



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