

Pepperonata and Polenta With The Italian Singing Gourmet, Gino Federici

2 med onions, cut in long slivers, top to bottom, not chopped or diced
2 whole cloves garlic, peeled
2 sprigs of fresh rosemary
4 bell peppers (yellow, orange, red) cut in long strips
5 large tomatoes peeled, seeded and diced (You could substitute canned diced tomatoes)

Sauté onions and garlic until golden.

Pour in ½ cup water to soften onions.

Cook for 5 minutes, letting water evaporate.

Add the peppers and stir, frying the peppers.

After 5 minutes add the diced tomatoes.

Cover and simmer on med. heat for 15 minutes.

Remove cover and let simmer for another 10 minutes so that the water evaporates.

Serve as a side dish or use as a sauce over polenta or pasta.

Store any leftovers in the fridge.

Great on sandwiches or with a nice chunk of bread.

Polenta

Purchase corn meal ground for Polenta. Please avoid instant or ready made.

1 cup of polenta

3 cups water

salt to taste

2 T butter

Bring water to a boil, slowly stir in polenta, butter and salt.

Turn down to simmer or polenta will splatter.

Stir often, cook for 20-25 minutes.

Pour into an lightly oiled bowl, wait 3 minutes and turn out onto a cutting board.

Slice, and serve immediately.