



# 'Against the Grain' Blue Corn Polenta With Market Asparagus, a 'Farm Gate' Six-Minute Egg, & Wine Vinaigrette.

*By Chef Bruce Wood*

*"The combination of crispy on the outside and creamy on the inside, polenta is a great base for many delights, in season I often use it for a base for bruschetta."*

Serves 4 as a main course

*To cook **asparagus:***

24 asparagus spears, washed & stems snapped off (in season at the **VKH Farmers' Market**)

3 tbsp. olive oil

sea salt & freshly ground black pepper

Pre heat a heavy bottomed pan on med high pan until quite hot.

In a bowl toss the asparagus with 2 tbsp. of the oil and salt and pepper. Add the remaining oil to the pan and add the asparagus in a single layer. Cook for 3-4 minutes, turning several times.

Remove from the pan and reserve.

*For the 6-minute **eggs:***

6 large eggs (*available from **Pickle Patch Farm** at the farm gate*)

2 tbsp. white vinegar

Bring 8 cups of water to a boil with the vinegar. Add the eggs and cook for 6 minutes. Remove the pot from the stove and run under cold water. Peel the eggs and refrigerate until needed.

*For the vinaigrette:*

1-cup olive oil

3 tbsp. red wine vinegar

3 tbsp. white wine

1 tbsp. whole grain mustard

2 tsp. honey

1 shallot, peeled & roughly chopped

1/4 cup Italian parsley, leaves only

2 tbsp. chopped fresh tarragon & chives, mixed

1/4 tsp. freshly milled black pepper

1/4 tsp. sea salt

Place all ingredients in a blender (or use a hand blender) & blend until smooth. Pour into a clean container & refrigerate until needed.

*For the polenta:*

1/2 tsp. red pepper flakes

sea salt and ground black pepper, to taste

2 cups milk

1-cup **blue cornmeal (Against the Grain)**

3/4- cup leafy herbs I prefer the more perfumed ones like chopped, chives, basil, and parsley

1/4-cup soft goat cheese

Olive oil for frying

Grease an 8X8X2 ceramic or metal dish.

Cut a sheet of parchment paper to fit inside the pan with extra hanging out the sides like a sling. Rub the parchment with olive oil and reserve.

Heat the milk in a large, heavy saucepan.

Once boiling, slowly sprinkle in the cornmeal, whisking vigorously as you pour it in. Bring the polenta to a low simmer and cook for 10 minutes, stirring with a wooden spoon often and scraping down the sides with the spatula every 10 minutes or so. The polenta is done when it has the texture of soft-scrambled eggs.

Take the polenta off the heat and stir in the herbs & goat cheese. Pour the polenta into the greased dish. Working quickly, smooth the top of the polenta. Let the polenta cool in the dish for 20 minutes. Cover the polenta and let it firm up in the refrigerator for 2 hours.

Pre-heat a griddle or frying pan over medium heat.

Remove the polenta from the pan and cut into even sized triangles.

Add some olive oil to the pan and fry the polenta for 2-3 minutes on each side or until crisp and lightly browned.

*To assemble the dish:*

the reserved warm asparagus

the reserved polenta

the reserved eggs

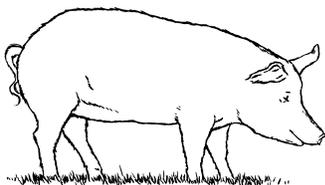
the vinaigrette

salad greens

Place a triangle of polenta in the centre of 4 dinner plates. Place 6 spears of asparagus on the polenta, an egg cut in half and spoon a generous amount of vinaigrette over and around the egg & asparagus. Top with lightly dressed greens.

Thanks to our sponsors:

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