

## **Sautéed Gambas with Port Wine Sauce and Creamy Polenta**

AF DuPage – Chef Chris Thielman

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Servings : 2 servings of 4 prawns each

### **Gambas**

#### **Ingredients:**

8 head-on jumbo-size prawns (Note: If head-on prawns aren't available at your local market, it's fine to use large size shrimp.)

1 Tablespoon olive oil

1 Tablespoon European-style butter

1 clove minced garlic

1 small minced shallot

Salt and pepper to taste

1 cup Port wine

2 additional Tablespoons cold European-style butter, cut into small pieces

#### **Method:**

Peel the body of 8 jumbo prawns, leaving the head attached. Carefully devein the back side of the prawns.

Place the olive oil, tablespoon of butter, shallots and garlic in a sauté pan and cook over medium heat. Place the prawns in the pan and sauté until cooked on each side (about 3 minutes per side). Do not have the heat too high or the garlic will burn. When cooked, remove the prawns and set aside, keeping the prawns warm.

Add Port wine to the sauté pan and reduce until it is syrupy in consistency. Turn the heat to very low and add the cold pieces of butter one at a time, whisking constantly. Place the prawns back into the sauce to heat through.

Serve with the creamy polenta.

## **Creamy Polenta**

### **Ingredients:**

1 cup chicken stock

1 cup heavy cream

1/2 cup yellow cornmeal

1/2 cup grated Parmigiano-Reggiano cheese

2 Tablespoons European-style unsalted butter

Salt and pepper to taste

Chopped fresh parsley for garnish

1 Tablespoon grated Parmigiano-Reggiano cheese for garnish

### **Method:**

Place the stock and the cream in a saucepan over medium-high heat and bring to a boil. Turn the heat down to low and slowly pour the cornmeal into the hot liquid, whisking briskly to prevent clumping.

Cook on low heat, whisking constantly, for about 5 minutes, or until the liquid is absorbed. Add ½ cup cheese and 2 Tb. butter, stirring until incorporated.

Cover and keep warm until you are ready to plate the dish.

### **Serving suggestions:**

Spoon a mound of creamy polenta on a rectangular plate forming a line. Place the gambas and sauce on the polenta and garnish with parsley, and a little grated Parmesan.