



An Invitation

Skill level for this recipe is patient and curious (& hungry)

The invitation for this, and all my recipes, is to be present to it's healing and nourishment from start to finish. To be present to the experience of sourcing, washing, prepping, the scent and feel of the ingredients, the sounds and smells of what creating this sensual, rich, and deeply nourishing, seasonal dish offers...a full body experience. Because it's not only what we create that can have the healing we're seeking, but the process of cooking, and connecting to our nourishment, are all part of how we integrate these nutrients into our body (digestion), so we can go out there and continue to be awesome.

The ingredients offered here are interchangeable based on flavor preferences or seasonal veg (if that's your thing). I found this version to be especially flavorful and earthy, with a rich mineral saltiness, and a festival of textures. This recipe makes 5 generous, satisfying servings

Creamy Mediterranean Herbed Polenta with Shitake and Asparagus

- 5 C. chicken, bone, or vegetable broth*
- 1 C. organic corn meal (not instant)*
- 2 C. fresh parley (no stems, half of it chopped)*
- 2 large shallot, finely chopped*
- 4 cloves garlic, finely chopped*
- 2T dried tarragon*
- 1 T umami seasoning (I like Trader Joes' splash soy sauce or coconut aminos*
- 1 C. grated parmesan cheese*
- 4 oz whole feta*
- 1 lemon*
- some good sea salt and EV00*
- 5 T organic dairy butter (or plant based)*
- 8-10 shitake mushrooms, halved*
- 1 bunch fresh asparagus (ends removed, cut in half)*
- Good music & a friend (why wouldn't you??)*



Grab a sauce pan, and heat the broth. Keep warm

In a food processor, combine 1C parsley, ½ lemon of juice, 1T tarragon, pinch of salt, ½ C parm, 1T feta, ½C EVOO. Pulse until smooth, add more oil if needed to make a puree

In your favorite pot (I get excited when my cute, teal dutch oven comes up from the cabinet...we've been through a lot together), start by sauteeing the shitake mushrooms, 5-7 minutes, in a little butter, with a pinch of salt. Allow to caramelize a little before stirring. Add a splash of soy sauce, allow to soak in and season, and remove from pan. Set aside for later. In the same pot, sautee half the shallot and garlic mixture, ½ c. chopped parsley, & 1T tarragon in 2T butter until a little golden (5 minutes). Add in 3 cups of warm stock, umami and polenta. Reduce heat to a gentle simmer and stir constantly for 15 minutes (for the creamiest polenta ever, you must keep stirring) This is where the friend and patience come in. As it thickens, add more stock, ½ cup at a time, to keep it silky and loose (think gravy consistency). After 15 minutes, remove from heat. Stir in 2T butter, ½C parm, & 3oz feta crumbled. Set aside. In a sautee pan, melt 1Tbutter, add the remaining shallot & garlic, asparagus, pinch of salt. Sautee for 3-4 minutes, add back the shitakes to warm through, and 1T butter. Stir for 1 more minute.

To serve; Give the polenta a fresh stir, add a little more broth if thickened. Pour a generous amount of polenta into bowl, top with parsley puree, asparagus mixture, drizzle of evoo, a crumble of feta, and a sprinkle of fresh parsley.

Lean over your beautiful bowl, cradle it in your hands, close your eyes, say grace, and breathe in the earthy richness. Savor, chew, enjoy, share, thank your friend for stirring. Share with them how much you love them.

