

Polenta Pasticciata

Béchamel Sauce – You can use this for many things. It is good, white sauce that adds flavor to any meat or pasta.

2 tablespoons each, butter and flour

1 ¼ cups milk, heated to light bubbles

Salt and Freshly ground pepper

Melt butter in heavy saucepan. Stir in flour and cook, stirring constantly, until it bubbles some, but no more than 2 minutes. You do not want it to turn brown. Add heated milk, and continue to stir as sauce thickens, then bring to boil. Add salt and pepper, lower heat, and cook, stirring for 2 to 3 more minutes. Remove from heat.

Polenta

8 cups water

1 tablespoon salt

2 cups polenta – Can you buy polenta there? If not, I hope that this does not make you sick for home.

Bring water to rolling boil over high heat in large saucepan. Add salt and boil for 15 seconds. Remove pan from heat and reduce to low.

Remove from heat, and slowly pour in polenta, stirring constantly with long, wooden spoon until smooth. Return pan to heat and bring polenta to slow boil. Adjust heat so that big, lazy bubbles break surface every several seconds.

Cook, stirring now and then to keep polenta from sticking and burning, until it thickens enough to pull away from sides of pan, it tastes cooked, and the texture is smooth and light, maybe 35 to 40 minutes.

Combine for Meal

Cover bottom of dish with sauce. Sprinkle about 2 tablespoons of Parmesan and ¼ cup of Fontina over sauce. Spoon half of warm polenta into dish and smooth it into even layer. Spoon half of remaining sauce over polenta in smooth layer. Sprinkle with 3 more tablespoons of Parmesan cheese and about ⅓ cup of Fontina. Pour rest of polenta on top and smooth it with spoon to level it. Pour rest of sauce on top to cover polenta. Sprinkle with 3 more tablespoons Parmesan and remaining ⅔ cup Fontina. Put pieces of butter on top.

Bake pasticciata in highest part of oven about 15 minutes until it is golden-brown. Remove from oven and let stand for 5 minutes.