

PAN-SEARED POLENTA
With Braised Baby Eggplant, Portabella Mushrooms, Yellow Squash,
Red Peppers Served With Red Wine Beef Reduction

Ingredients for Polenta:

2 Cups Yellow Corn Meal
3 Cups Chicken Broth
2 oz Grated Parmesan
2 Tbs Olive Oil

Ingredients for Red Wine Beef Reduction:

1 Cup Cabernet Sauvignon
2 Cups Beef Stock
¼ Cup Chopped Spanish Onion
1 Small Carrot Cut Into Small Pieces
1 Clove Garlic Finely Minced
2 Tbs Butter
3 Tbs Corn Starch
2 oz Tap Water
Fresh Ground Black Pepper To Taste
1 Tsp Chopped Parsley

Ingredients for Braised Vegetables:

2 Baby Eggplants Cut Into ¼ inch strips
1 Yellow Squash Cut Into ¼ inch strips
1 Red Pepper Cut Into ¼ inch strips
1 Large Portabella Mushroom Cut Into ¼ inch strips
1 Tsp Fresh Basil For Garnish/Julienne Strips
2 Tsp Olive Oil
Salt and Pepper To Taste

STEP ONE: (Polenta)

1. Bring three cups chicken broth to a boil.
2. Slowly whisk corn meal into broth whisking constantly. Lower heat to a slow simmer. Cook for about five minutes.
3. Whisk in grated parmesan.
4. Remove from heat.
5. Pour mixture onto a cookie sheet spreading evenly to about ¼ inch thickness.
6. To cool, cover with plastic wrap and refrigerate overnight.
7. After cooling overnight, cut into squares about two inches.
8. Heat a heavy cast iron skillet and add olive oil.
9. Fry polenta squares about two minutes per side till golden brown.
10. Remove from pan and set aside.

STEP TWO: (Red Wine Beef Reduction)

1. In Medium sauce pan add butter, carrots, onion, garlic, parsley.
2. Slowly allow vegetables to sweat for about five minutes.
3. Add wine and beef stock and bring to a boil.
4. Reduce heat and allow to simmer for ten minutes.
5. Drain vegetables (discard) and bring sauce back to a boil.
6. Thicken with corn starch roux.
7. Set Aside.

STEP THREE:

1. In large sauté pan, heat olive oil
2. Add Vegetables and sauté until tender.
3. Season to taste.

STEP FOUR (Assembly):

1. Pour sauce onto plate.
2. Arrange polenta squares in sauce.
3. Top with sautéed vegetables.
4. Garnish with fresh basil.

**PENNE CON ESCAROLE WITH
ITALIAN SAUSAGE, RED PEPPERS, FRESH GARLIC, AND OLIVE OIL
(Serves Four)**

Ingredients:

One Pound Cooked Penne Pasta (mostaccioli noodles)
¾ lb Escarole
½ lb Link Italian Sausage (Char-broiled Then Cut Into ½ Inch Thick Pieces)
4 Tbs Olive Oil
½ Tsp Salt
4 oz Chicken Stock
3 Cloves Garlic
1 oz White Chablis Wine
1 Large Red Pepper/Cut Into Julienne Slices
1 oz Grated Pamesiano Regiano Plus Additional For Serving
Fresh Ground Black Pepper To Taste

1. Wash Escarole Thoroughly
2. Cut Escarole Into ¼ Inch Thick Pieces
3. Bring 4 Cups Salted Water To Boil, Add Escarole, Cook For Three Minutes
Drain, and Set Aside.
4. Char-Broil Italian Sausage, Cut Into ½ Inch Thick Pieces and Set Aside
5. In A Large Saute Pan Heat Olive Oil, Add Red Pepper Strips and Cook Till Tender
6. Add Garlic and Saute For Approximately One Minute
7. Add Escarole and Italian Sausage and Saute For Three Minutes
8. Add White Wine and Chicken Stock Simmering For Approximately One Minute
9. Add Pasta and Seasonings.
10. Toss With Parmesiano Regiano
11. Garnish With More Parmigiano Regiano and Fresh Black Pepper

MIXED GRILLE
Beef and Pork Tenderloin, and Chicken Breast Marinated
In Italian Dressing, Char-Grilled To Perfection
With Char-Grilled Corn on the Cob, Red Peppers,
Zucchini and Yellow Squash
Served Over Mixed Field Greens With Balsamic Vinaigrette
(Serves One)

2 oz Boneless Skinless Chicken Breast
2 oz Beef Tenderloin
2 oz Pork Tenderloin
(Marinate Above Meats for Four Hours in Enrico's Homemade House Italian Dressing)

1 Ear Fresh Corn on the Cob (shucked)
3 Pieces Yellow Squash Cut In 1/2 Inch Strips
3 Pieces Zucchini Cut In 1/2 Inch Strips
4 Wedges Red Onion 1/2 Inch Thick
1/4 Red Pepper Cut In 1/2 Inch Slices
4 oz Mixed Field Greens (Baby Lettuces)
4 Tomato Wedges
2 oz Enrico's Balsamic Dressing

1. Heat Grill and Cook Meats To Your Liking
Chicken Well Done
Pork Tenderloin Medium Well
Beef Tenderloin Medium
2. Cook Vegetables To Your Liking
3. Assemble Baby Lettuces In Large Serving Bowl
4. Garnish With Fresh Grilled Vegetables and Meats
5. Drizzle With Enrico's Balsamic Dressing