



Spicy Sausage & Shrimp with Polenta

By: Laura Hobbs - Flyer Foodie - fayettevilleflyer.com



INGREDIENTS:

- 1 recipe for basic polenta (see below)
- 1 Tbs. butter
- 1 Tbs. olive oil
- 4 garlic cloves, sliced
- 1/2 head escarole, roughly chopped
- 2 hot Louisiana or Italian sausages, casings removed
- 1 c. chopped tomatoes
- 3/4 c. white wine
- 1 lb. shrimp, peeled & deveined
- salt & pepper to taste

Basic Polenta

- 3 c. milk
- 1 Tbs. butter
- 1 tsp. sugar
- 1/2 tsp. salt
- 1 c. yellow cornmeal

DIRECTIONS:

1. For the polenta: combine the milk, butter, sugar and salt in a heavy saucepan over medium heat just to a simmer. Slowly add the cornmeal in a thin stream, whisking constantly. Lower the heat to low and continue stirring with a spoon until the mixture has thickened and begins to leave the sides of the pan, about 7 minutes.
2. For the sausage and shrimp: heat the butter and olive oil in a large pan over medium heat. Add the garlic and escarole, season with salt and pepper and cook until the escarole is tender and wilted, about 3 minutes. Transfer the escarole and garlic to a plate. Add the sausage to the pan, breaking it up with a spoon. Cook the sausage until it's browned, about 5 minutes. Add the tomatoes and cook for about 2 minutes. Add the wine, bring the pan to a boil and cook for 3 minutes.
3. Add the shrimp. Cover the pan and cook over medium high heat until the shrimp are cooked through, about 4 minutes. Return the escarole and garlic to the pan, and season with salt and pepper.
4. Divide the polenta among bowls, and top with the sausage and shrimp mixture, along with some of the cooking liquid. Serve immediately.

Recipe first appeared in "The Creole Deal" by Laura Hobbs - 9/12/10 - Flyer Foodie - Fayetteville Flyer
 Full story including more photos: <http://www.fayettevilleflyer.com/2010/09/12/the-creole-deal/>