



FOLDED HILLS

WINERY · RANCH · FARMSTEAD

Michael's Favorite Sausage and Polenta Bake

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 40 MIN

INGREDIENTS

1 lb. pork sausage
3 cups milk
1 teaspoon salt
½ cup yellow cornmeal
3 eggs separated
¼ cup shredded
cheddar cheese

DIRECTIONS

1. In an 11 or 12-inch frying pan (one that can also go in the oven), break up the meat and slowly brown; drain off and save fat as it accumulates. When meat is cooked, remove from pan.
2. In the same pan combine milk, 1 tablespoon of sausage fat, and salt. Heat until almost boiling and then stir in cornmeal. Cook for about 3 minutes or until thick, stirring constantly; remove from heat.
3. Add a small amount of hot mixture to well-beaten egg yolks, mix well, and stir the egg yolks back into the hot mixture.
4. Blend in cooked meat, reserving ½ cup for topping.
5. Beat egg whites until stiff and fold into cornmeal mixture.
6. Sprinkle cheese and remaining meat over the top.
7. Bake in a moderate oven – 350° for 40 minutes or until puffy and brown on top.



PAIR WITH:

Folded Hills 2021 Estate White...a refreshing white wine bursting with flavors of white flowers, lemon curd, and white nectarines.