

mushroom polenta



Average rating: 3

★ ★ ★ ★ ★ (61 ratings)

Try Gordon Ramsay's Italian version of mushroom on toast. A great recipe for lunch, or a dinner-party starter

- Serves: 4
- Prep time: 45 mins

this includes allowing the polenta to cool for 30 mins

- Cooking time: 15 mins
- Total time: 1 hr
- Skill level: Easy peasy
- Costs: Cheap as chips

- [Print Recipe](#)
- [Comments \(0\)](#)
- [Send to a friend](#)
-

- 5 a day portion: 1

Ingredients

- 200g instant polenta
- 1.2 lt water
- Sea salt and black pepper
- 500g mixed wild mushrooms, cleaned
- 2 tbsp olive oil, plus extra for brushing
- 4 garlic cloves, peeled and chopped

- 25g butter
- Few sprigs of oregano leaves, picked
- 2–3 tbsp plain flour, to dust
- Pecorino shavings, to garnish (or vegetarian alternative to this cheese)

[Send us your tips >](#)

Method

1. First, prepare the polenta. Pour the water into a medium saucepan, salt lightly and bring to the boil. Add the polenta gradually in a thin, steady stream, whisking constantly. Keep stirring for about 5 mins until the polenta thickens and all the water has been absorbed. When ready, remove from the heat, season well with salt and pepper and tip onto a lightly oiled baking tray. Using a palette knife, spread the polenta evenly, to a 2cm thickness. Leave to cool and set for 30 mins.
2. When you are just about ready to serve, halve any larger mushrooms. Place a large frying pan over a high heat. When hot, add the olive oil followed by the mushrooms and fry quickly until they begin to colour. Stir in the garlic and butter with some seasoning and half the oregano leaves. Continue to fry the mushrooms over a high heat until any liquid released has been cooked off. Take the pan off the heat; keep warm.
3. Put a griddle pan over a medium heat. Cut the polenta into 8–10cm squares and dust with a little flour, then brush the griddle with olive oil. Griddle the polenta slices for 2–3 mins on each side, until they begin to colour slightly. If cooking in batches, keep warm in a low oven.
4. To serve, place the griddled polenta on warm plates and spoon the sautéed mushrooms on top. Scatter over shavings of pecorino and the remaining oregano leaves and serve immediately.

This recipe is taken from Gordon Ramsay's World Kitchen: Recipes from The F Word, published by Quadrille, priced £20, available from [Amazon](#)

By Gordon Ramsay

[Send us a recipe >](#)

Nutritional information

Guideline Daily Amount for 2,000 calories per day are: 70g fat, 20g saturated fat, 90g sugar, 6g salt.

<http://www.goodtoknow.co.uk/recipes/435087/Gordon-Ramsay-s-mushroom-polenta>