

Parmesan Polenta with Sausage Ragù

Posted on [April 21, 2016](#)

Both the polenta and the ragù can be made ahead of time, for a quick, easy, yet delicious weekday meal.

1/4 cup olive oil
1 pound Nash's Italian sausage
1 red onion, minced
4 cloves garlic, minced
1 (28-ounce) can whole peeled tomatoes, crushed by hand
1 1/2 tablespoons balsamic vinegar
1/4 cup finely chopped basil leaves
Salt and freshly ground black pepper
1 teaspoon fine sea salt
1 1/4 cups Nash's medium-grind cornmeal (use the coarse grind if you like a more rustic texture)
1/2 cup freshly grated Parmesan, plus more for garnish



Heat 2 tablespoons oil in a 4-quart saucepan over medium-high heat; add sausage and cook, breaking it into small pieces with a wooden spoon, until browned, 5 minutes. Add onion and cook, stirring occasionally, until translucent, about 5 minutes. Add garlic and cook 1 minute more. Add tomatoes and boil; simmer until thick, 20 minutes. Add basil, vinegar, salt and pepper to taste. Keep warm.

Meanwhile, bring sea salt and 5 cups water to a boil in a 4-quart saucepan. Slowly add cornmeal and cook, stirring constantly, and reduce heat to medium-low. Cover and cook, stirring occasionally, until thick and creamy, 8 minutes. Remove from heat and add remaining oil, Parmesan, and salt. Divide between bowls and top with ragù; garnish with more Parmesan. Serves 4.

We thank [Saveur.com](#) for this recipe.