

Sausage stew and creamy polenta with a fresh herb sauce

Recipe for 4 persons

Description

A saucy dish to heat body and soul!

Ingredients

Stew

- 6 Unit(s) Merguez
- 2 Unit(s) Onion
- 1 Head(s) Garlic
- 700 Ml Tomato juice
- 300 Ml Water
- 1 Unit(s) Bird's eye chili
- 5 Sprig(s) Basil
- 40 Gr Tomato paste
- Salt and pepper
- Olive oil

Polenta

- 200 Gr Polenta
- 500 Ml Cream 35%
- 500 Ml Chicken stock
- 1 Unit(s) Nutmeg
- Salt and pepper
- Olive oil

Herb sauce

- 1 Unit(s) Garlic
- 10 Sprig(s) Flat parsley
- 5 Sprig(s) Tarragon
- 5 Sprig(s) Basil
- 100 Ml Cream 35%
- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**

Sausage stew

In a medium sauce pot with olive oil, cook the sausages (cut in 3) as well as the minced garlic, the halved pepper and the chopped onion. Once you get a nice coloration, add the tomato paste and cook for another 3-4 minutes. Add the tomato juice, water, sliced basil and 8g of salt. Let cook for 5 minutes at a rolling boil. Reduce the heat to medium and cook for another 10 minutes. Make sure to stir regularly. Finally, taste and adjust seasoning.

Creamy polenta

In a sauce pot, bring the chicken stock to a boil with the cream, 8g of salt and the grated nutmeg. Once boiling, add the polenta slowly while continually whisking for 5 minutes.

Taste and season accordingly.

Fresh herb sauce

In a medium sauce pot of boiling salted water (10g/L) blanch all of the plucked herbs for 40 seconds and then plunge them into an ice water bath. Strain and pat dry or even squeeze out the excess water.

In a food processor place the herbs, garlic, 50ml of water from cooking the herbs and the cream and then blend until you reach a smooth texture. Taste and season accordingly. Set aside.

Plating

When ready to serve, place a bit of the herb sauce in the bottom of the plate, then the polenta and finally the sausage stew. Decorate with some fresh basil leaves. Eat nice and hot!

Bon appétit!