

# **Saucy Sausage and Eggplant over Polenta**

*serves 4*

## **saucy sausage and eggplant**

3/4 pound eggplant  
2 tablespoons olive oil  
3/4 pound Italian sausage  
1 clove garlic, minced  
1 cup [Roasted Tomato Sauce with Fennel](#)  
(or your favorite simple marinara)  
sea salt  
freshly ground pepper  
minced fresh parsley



Dice the eggplant into 3/4 inch cubes. Sprinkle with salt and place in a strainer over the sink or a bowl. This will draw the excess moisture out of the flesh. Start the creamy polenta.

Meanwhile, heat a medium-sized pan over medium heat. Add the oil and crumbled sausage. Cook until the sausage begins to brown. Rinse off the eggplant to remove the excess salt and pat dry with a clean kitchen towel. Add the eggplant and garlic to the sausage. Season with salt and pepper. Stir occasionally over medium heat until the sausage is cooked through and the eggplant is soft. Taste and add more salt and pepper as necessary. Heat the tomato sauce until steaming.

To serve, spoon creamy polenta over the bottom of a shallow bowl. Top this with a scoop of sausage and eggplant. Ladle a scoop of tomato sauce over the top. Scatter parsley over the dish and enjoy.

## **creamy polenta**

2 cups whole milk  
2 cups water  
1 teaspoon salt  
1 cup course-ground polenta (grits)  
2 tablespoons butter

Heat the milk and water in a medium-sized saucepan until steaming. Add the salt and butter. Slowly stir in the polenta while whisking. Continue whisking over medium heat until the polenta absorbs most of the water. Then put the pot on the back burner on low. Stir frequently with a wooden spoon until the polenta is thick and creamy.