



Polenta Torta

 Vegetarian

READY IN

ready

325 min.

SERVINGS

servings

6

CALORIES

calories

737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings grilled bread for serving
- ☐ 6 servings butter for greasing the pan
- ☐ 30 ounce tomatoes diced canned
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups basil leaves fresh packed
- ☐ 1 clove garlic smashed
- ☐ 2 cloves garlic minced
- ☐ 1 pinch ground nutmeg

- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cup parmesan grated
- ☐ 0.3 cup pinenuts toasted see Cook's Note
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 4 small shallots minced
- ☐ 3 tablespoons butter unsalted at room temperature
- ☐ 4 tablespoons butter unsalted cut into pieces, at room temperature
- ☐ 1 cup milk whole at room temperature
- ☐ 1.8 cups cornmeal yellow

Equipment

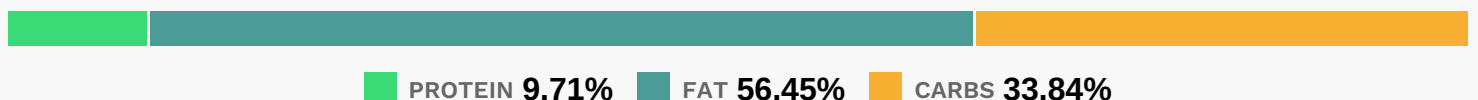
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Butter a 9-inch springform pan. Line the bottom and sides with parchment paper. For the tomato layer: In a 12-inch nonstick skillet, heat the olive oil over medium heat.
- ☐ Add the shallots and cook until softened, about 3 minutes.

- ☐ Add the garlic and cook until fragrant, about 30 seconds.
- ☐ Remove the pan from the heat and cool slightly. Stir in the tomatoes. Return the pan to the heat and add the red pepper flakes. Bring the mixture to a simmer and cook until most of the liquid has evaporated and the mixture has formed a chunky sauce, 15 to 20 minutes. Season with salt and pepper.
- ☐ For the bechamel sauce: In a 1-quart saucepan, melt the butter over medium-low heat.
- ☐ Add the flour and whisk until smooth, 1 to 2 minutes. Gradually add the milk, whisking constantly to prevent lumps. Stir in the nutmeg and 1/4 teaspoon salt. Simmer over medium-low heat, whisking constantly, until the sauce is thick and smooth, about 8 minutes.
- ☐ Remove the pan from the heat.
- ☐ For the pesto: In a food processor, combine the basil, Parmesan, pine nuts, garlic, 1/2 teaspoon salt and 1/4 teaspoon pepper. Pulse until finely chopped. With the machine running, gradually add the olive oil until the mixture forms a smooth paste. Stir the pesto into the bechamel sauce until smooth. Season with salt and pepper. Set aside to cool for 15 minutes.
- ☐ For the polenta: In a large, heavy saucepan, bring 6 cups water and 1 tablespoon salt to a boil over medium-low heat. Gradually whisk in the cornmeal. Reduce the heat to low and cook, stirring constantly, until thickened and the cornmeal is tender, 10 to 15 minutes.
- ☐ Remove the pan from the heat and stir in the butter. To assemble the torta: Working quickly, spread half of the warm polenta in an even layer on the bottom of the prepared pan.
- ☐ Add the pesto mixture and spread on top of the polenta. Spoon the remaining polenta on top and smooth with a spatula.
- ☐ Spread the tomato mixture on top. Cool the torta at room temperature for 30 minutes. Cover with plastic wrap and refrigerate until the layers have set, about 4 hours.
- ☐ Remove the outer ring from the pan, then remove the parchment paper.
- ☐ Place the torta on a platter and cut into thin wedges.
- ☐ Serve with grilled bread. Cook's Note: To toast the pine nuts, arrange them in a single layer on a baking sheet.
- ☐ Bake in a 350 degrees F oven until lightly toasted, 6 to 8 minutes. Cool completely before using.

Nutrition Facts



Properties

Glycemic Index:91.19, Glycemic Load:31.97, Inflammation Score:-8, Nutrition Score:25.829565151878%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 737.03kcal (36.85%), Fat: 47.14g (72.52%), Saturated Fat: 17.7g (110.63%), Carbohydrates: 63.57g (21.19%), Net Carbohydrates: 55.57g (20.21%), Sugar: 9.42g (10.47%), Cholesterol: 62.08mg (20.69%), Sodium: 1045.48mg (45.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.47%), Manganese: 1.45mg (72.46%), Vitamin K: 53.6µg (51.05%), Phosphorus: 384.6mg (38.46%), Calcium: 359.9mg (35.99%), Fiber: 8g (32.01%), Vitamin E: 4.68mg (31.17%), Vitamin B6: 0.6mg (30.04%), Magnesium: 114.03mg (28.51%), Vitamin B1: 0.43mg (28.41%), Iron: 5.05mg (28.08%), Vitamin A: 1344.88IU (26.9%), Selenium: 17.99µg (25.7%), Vitamin B3: 4.5mg (22.49%), Vitamin B2: 0.36mg (21.22%), Zinc: 3.13mg (20.85%), Vitamin C: 16.53mg (20.04%), Copper: 0.39mg (19.72%), Potassium: 663.63mg (18.96%), Folate: 75.46µg (18.86%), Vitamin B5: 1.04mg (10.39%), Vitamin B12: 0.46µg (7.6%), Vitamin D: 0.78µg (5.17%)