



Polenta Torta



Gluten Free

READY IN



240 min.

SERVINGS



8

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 0.8 pound truffled cheese such as sottocenere al tartufo or caciotta al tartufo, or italian-style fontina, coarsely grated
- ☐ 1.5 tbsp kosher salt
- ☐ 0.3 cup parmesan cheese shredded finely (from a wedge)
- ☐ 2 cups coarse polenta instant (not)
- ☐ 4 tbsp butter unsalted divided

Equipment

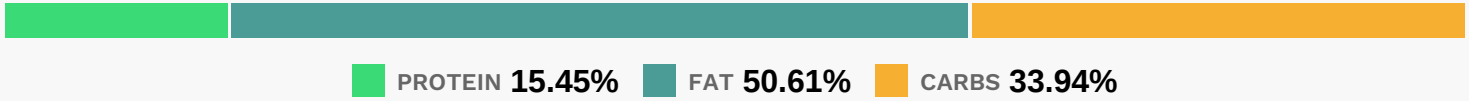
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Bring 7 1/2 cups water to a boil in a large pot over high heat.
- ☐ Add 1 1/2 tbsp. salt and the bay leaves.
- ☐ Whisking constantly, gradually add polenta. Reduce heat to medium and cook, whisking often, until mixture begins to thicken, then adjust heat to maintain a gentle bubble. Cook, stirring occasionally with a sturdy rubber spatula and scraping pot, until polenta is thick and creamy and grains are softened, 30 to 45 minutes. If it becomes too stiff to stir easily, add a little boiling water.
- ☐ Melt 3 tbsp. butter in a medium nonstick frying pan over medium-low heat.
- ☐ Add onions and cook, stirring often, until soft and pale golden, about 20 minutes.
- ☐ Preheat oven to 37
- ☐ Remove bay leaves from polenta. Stir in onions and season with salt to taste.
- ☐ Butter a 13- by 9- by 2-in. baking dish generously.
- ☐ Pour one-third of polenta into dish, spreading evenly. Top with half of truffled cheese.
- ☐ Add another one-third of polenta, then remaining truffled cheese. Dollop remaining polenta on top and spread evenly.
- ☐ Sprinkle with parmesan and dot with remaining 1 tbsp. butter.
- ☐ Bake torta until medium brown, bubbling on the edges, and hot to the touch, 40 to 45 minutes.
- ☐ Let cool, then chill until cold, at least 2 hours and up to 1 day.

- ☐
- Cut torta into small rectangles (about 1 1/2 by 2 in.) and transfer to a baking sheet. Broil 4 inches from heat until browned and crisp, about 5 minutes.
- ☐
- Make ahead: Through step Cover with plastic wrap and chill several hours or overnight.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:7.9386957684613%

Nutrients (% of daily need)

Calories: 388.33kcal (19.42%), Fat: 21.77g (33.5%), Saturated Fat: 12.56g (78.49%), Carbohydrates: 32.85g (10.95%), Net Carbohydrates: 32.2g (11.71%), Sugar: 0.43g (0.48%), Cholesterol: 60.62mg (20.21%), Sodium: 1654.13mg (71.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.92%), Calcium: 353.6mg (35.36%), Selenium: 19.8µg (28.29%), Phosphorus: 254.44mg (25.44%), Vitamin A: 723.45IU (14.47%), Vitamin B2: 0.22mg (12.93%), Zinc: 1.85mg (12.33%), Vitamin B12: 0.51µg (8.55%), Magnesium: 24.27mg (6.07%), Vitamin B6: 0.09mg (4.62%), Vitamin B1: 0.07mg (4.4%), Vitamin B5: 0.4mg (3.95%), Vitamin E: 0.49mg (3.29%), Iron: 0.53mg (2.94%), Folate: 11.49µg (2.87%), Manganese: 0.05mg (2.7%), Potassium: 93.21mg (2.66%), Fiber: 0.65g (2.58%), Vitamin B3: 0.51mg (2.57%), Vitamin D: 0.38µg (2.55%), Copper: 0.05mg (2.37%), Vitamin K: 1.71µg (1.63%)