

Flying Inspiration

Fly with the feminine

Gabriella Guglielminotti Trivel's recipes

Polenta with beans

Suggestions: a very comforting dish to make all year round which is very nutritious and rich in iron, potassium, selenium, calcium, magnesium, phosphorus, vitamins of the B group and vitamin C.

Instructions

extra virgin
olive oil



chillies



coconut cream



sage



Heat some extra virgin olive oil in a pan with some finely chopped onions, fresh chillies, sage (rosemary is an alternative) and some coconut cream flakes; stir it all well and let it sizzle for a while.



white beans



Add some chopped anchovies and some white beans (cannellini, haricot or any other type of beans you might like) that you have soaked overnight.



tomato sauce

Let it cook down for some time and then add some tinned tuna and some sieved tomatoes (passata), stir it and let it cook until it starts reducing down to a nice sauce.

sea salt



maize flour



Boil some water in another pot with some salt, add the maize flour and stir it until you have a smooth paste, let it cook slowly for at least half an hour.

If the maize flour is not pre-cooked you have to cook the polenta for longer.

When the polenta is ready, dish it out and pour on top the sauce with the beans.



If you like this recipe, I would like to read your comments!

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