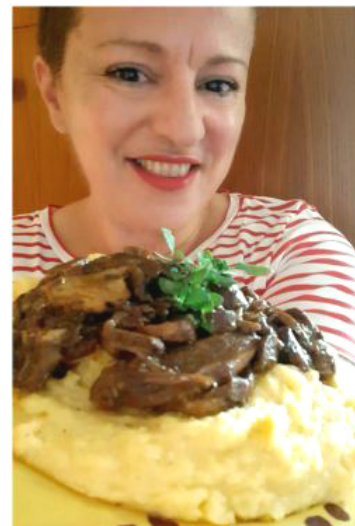


# Polenta with porcini mushrooms

*perfumed by Niepitella\**

This was and still is a complete dish, especially for the families of the past, a dish that satiated and could be made also with meat sauce, with tomato sauce (the so-called matuffi), or with cod. Even today it is a typical classic dish of Tuscan cuisine. My great-grandmother Giulia, grandmother Giuseppina, and mom Giuliana have handed down a good healthy dish with love and tradition, leaving it as an inheritance to me. Now I share this, with great passion and pleasure, for you dear readers of Grapevine! Buon appetito!



## Ingredients (for 4 people)

350 g Garfagnana polenta  
1 liter salted water  
300 g porcini mushrooms  
7 small ripe tomatoes,  
peeled & chopped  
3 sprigs *niepitella* herb\*  
1 clove of garlic  
6 tablespoons extra virgin  
olive oil  
Salt & pepper



## Procedure

1. Clean the mushrooms well with a kitchen brush. You can wash them quickly in cold water to remove the residues of earth etc. or simply clean them with the kitchen brush or with a cotton cloth. Cut off the earth at the edge of the stems, then start cutting the mushrooms with care into thin slices. My mom did this the night before and placed them on trays, leaving them overnight to rest so that any bugs inside would emerge on their own and the mushrooms would be clean.
2. In a saucepan, brown the garlic clove in olive oil with *niepitella*, then add the peeled tomatoes, cleaned of seeds and cut into small pieces. If you want, you can remove the garlic when it is golden.
3. Add the mushrooms, salted and peppered as you prefer. Cook for three quarters of an hour so until they have formed a nice sauce. You can add a cup of water and cook well until the water has been absorbed. Cover the pan with a lid and stir occasionally.
4. In an other pan, boil one liter of salted water.
5. Pour the yellow flour into a sieve and sift it into gradually the water little by little, stirring frequently for 40 minutes until it is nice and homogeneous.
6. Serve the hot polenta into separate dishes, with an appropriate amount of porcini mushroom sauce on top (also hot).

*\*Niepitella has such a refreshing, delicious flavor that my mother's family often used it for sautéed mushrooms, zucchini in tripe, or pan-fried artichokes.*



Left to right:  
Nonna Giuseppina Del Chiaro,  
Nonno Fortunato Dell'orfanello,  
Bisnonna Giulia Paganelli,  
Mamma Giuliana Dell'orfanello  
(photos from the 1950s-1960s)

– by Lucia Costa

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