

Spicy Sweet Corn Polenta



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Serves: 8-10 | Prep time: 10 minutes | Cook time: 1 hour

INGREDIENTS

6-8 ears of fresh corn or 16 oz of frozen sweet corn
2 cups of corn grits (polenta)
½ stick of butter
9 oz shredded Parmesan cheese
3 cups chicken stock
1 cup heavy cream
2 tsp cayenne pepper (optional)
Salt to taste

EQUIPMENT

Cast Iron Skillet

DIRECTIONS

1. Heat the grill to 350 degrees. You can also use the oven for this but, since I am usually grilling meat to accompany the polenta, I like to grill my corn for extra flavor.
2. Soak the unhusked ears of corn in water for about 30 minutes and then throw them on the preheated grill, still in their husks.
3. Roast the corn over indirect heat for 20 minutes.
4. Allowing the corn to cool slightly, remove the husks and cut the kernels off the cob and set aside.
5. While the corn is roasting, add 3 cups of chicken stock, 3 cups of water, and 1 tablespoon of salt to a large saucepan on the stove.
6. Bring the liquid to a boil and gradually add 2 cups of polenta and ½ cup of heavy cream.
7. Reduce heat to low and simmer for 30 minutes, stirring frequently. The polenta will have the consistency of thick mashed potatoes when finished.
8. Add the butter, 5 oz of the shredded Parmesan cheese, and the remaining ½ cup of heavy cream to the polenta. Stir to blend thoroughly.
9. Add the corn kernels and cayenne pepper and stir until evenly distributed.
10. Transfer the mixture to a cast iron skillet or baking dish. Top with the remaining Parmesan cheese. Broil until cheese is melted and slightly browned.
11. Garnish with a pinch of cayenne pepper and serve in the cast iron pan.