**Fish & Polenta by Janiva Magness**

**(Irma Castelnuovo Carli's recipe)**

The polenta can be either baked and cut or poured like porridge. We prefer the porridge form. Recipe for Four People.

1 cup Polenta

4 cups water

1 T unsalted butter

salt

bring to boil

slowly add 1 cup polenta and stir constantly

continue to stir on low heat for at least 20 minutes

taste to make sure polenta is soft

Pour polenta out on a sheet or large plate.

about 1/4" - 1/2" thick. Set aside to cool

1 med size round cookie cutter

Use a stainless steel or iron skillet. No non-stick pans please.

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Clean, pat dry, litely dust in flour, salt & pepper 4 Tilapia filets -

brown in:

2 T Good dark green olive oil

3 T butter

Keep warm in oven at abt. 200

wrap in foil if u like for moisture

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Sauce:

use same fish pan w drippings from Tilapia

add...

3T butter

2 T olive oil

2 cloves of garlic. slice super fine

3 T shallotts - minced well

5 T diced tomatoes

chili pepper flakes - 1 pinch

1/4 cup white wine

Stir above & cook into sauce

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Lemon zest

Fresh Parsley - chopped

Make Polenta

brown fish

brown polenta - keep warm in oven w fish

make sauce

cut polenta

2 polenta medallions under 1 Tilapia filet with sauce on top.

Garnish w/ lemon zest and parsley

Mangia!