

Chef from the Hood Recipes



Chef:
Tod & Naomi Brilliant

Winery:
Roshambo Winery, Healdsburg, California

Recipe:
Warm Pumpkin, Polenta & Pomegranate Salad
with Arugula!

Ingredients:

1 tube plain, prepared polenta (available in cold, deli section)
1 small butternut squash peeled, seeded & quartered
2 tablespoons olive oil (or a bit more as needed to fry polenta)
1 teaspoon ground cumin
1/2 cup toasted, salted pepitas (roasted, shelled pumpkin seeds)
1/4 cup pomegranate seeds (from a small pomegranate)
2 bunches arugula (about 10 oz., washed & ripped into bite size)
Parmesan cheese shavings

Naomi Brilliant's unusual warm salad is worth the extra bit of preparation. A colorful assemblage of fall flavor, it's topped with in-season pomegranate seeds that sparkle like little rubies. This recipe serves 4 as a perfect first course, or 2 as a vegetarian main dish.

Dressing: Mix the following in a small measuring cup & let sit at least 10 minutes
3 tablespoons apple cider vinegar
1 tablespoon minced shallot
2 tablespoons pomegranate juice (squeeze a small pomegranate)
6 tablespoons extra virgin olive oil; salt & pepper to taste
Heat oven to 450°. Toss squash with 1 T of olive oil, cumin, salt & pepper. Arrange on a baking sheet and roast until tender, about 20 minutes. Meanwhile, slice polenta into 1-inch thick rounds, then cut in half. Heat 1 T olive oil in non-stick pan. Fry polenta on both sides, until golden brown. Right before serving, toss arugula with enough dressing to coat. Arrange on 4 plates. Divide polenta and squash on each plate and top with Parmesan, pepitas and pomegranate seeds. Drizzle with remaining dressing.