

# Grilled Shrimp and Polenta with Feta Cheese, Mint Leaves and Red Roasted Pepper Sauce

Serves

6

## Ingredients

12 Medium to large shrimp, (16-20) de-veined with tails on  
1/2 cup hard feta cheese, broken (or Gorgonzola)  
1-cup Yellow Polenta  
1/2c parmesan cheese  
Mint leaves  
2 to 3 medium Red Bell Peppers  
3/4 chicken stock  
Extra virgin olive oil

## Preparation Instructions

In a sauce pan bring four to cups of water to a rolling boil Add bay leaf and salt. Reduce the heat and slowly add the Polenta, stirring all the time with a whisk until Polenta sticks to the sides of the pan. Add the parmesan cheese and stir all together until smooth. Pour out onto a 1/4 inch sheet pan and let cool on the counter or in the refrigerator.

For the Roasted Pepper Sauce Heat the oven to about 400 degrees. Half and de-seed the peppers. Place peppers on a baking sheet pan and drizzle extra virgin olive oil on the top. Salt and pepper and place in the heated oven for about 45 minutes or until peppers are soft and skin is brown. Take out of oven, let cool, and place in a blender or food processor. Add the chicken stock, pulse until all blended. Salt & pepper to taste. Place in a squeeze bottle and set aside.

Heat the grill.. In a bowl with olive oil, and garlic, place the shrimp and salt and pepper and coat on both sides. Put the shrimp on the hot grill and cook for a few minutes on both sides until done. Cut Polenta in small 2 inch triangles and coat with olive oil. Place on the grill and cook on both sides until done. Place shrimp and Polenta on a dish and add the crumbled feta cheese and garnish with fresh mint leaves/ Squeeze some of the Red Roasted Pepper sauce on the top and around the dish and serve.