



Teff Polenta

by Leslie Cerier . Flavored with sweet juicy tomatoes, green bell peppers, fresh basil and garlic, this teff dish is an irresistible summer repast. Serve plain or garnished with grated fontina, parmesan or manchego cheese, or sliced rounds of chèvre.

2 c. boiling water

2 tbs. extra virgin olive oil

8 cloves garlic, thickly sliced

1 c. coarsely chopped onions

1 c. coarsely chopped green peppers

2/3 c. teff grain

1/2 tsp. sea salt

2 c. coarsely chopped plum tomatoes

1 c. coarsely chopped fresh basil

1. Heat oil in a medium-sized skillet over medium heat. Add garlic and onions and sauté, stirring occasionally for 5 minutes or until the garlic is fragrant and the onions begin to soften.

2. Add peppers to the skillet and sauté for 2 minutes, then stir in teff. Add boiling water and salt and bring the ingredients to a boil. Stir in tomatoes and basil. (Yield: 4 to 6 servings)

3. Reduce heat to low and simmer covered for 10 to 15 minutes, stirring occasionally, until the teff is soft and most or all of the water is absorbed.

4. Transfer the mixture to an un-oiled 9-inch pie plate, and let cool for 30 minutes. Slice into wedges and serve.