

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING CHICKEN SAUSAGE WITH GARLIC-PARMESAN POLENTA

SALAD ARUGULA, FENNEL & ORANGE SALAD

INGREDIENTS

5–6 cups arugula
1 small fennel bulb, thinly sliced
2 oranges, peeled and sectioned (or supremed)
1/4 cup shaved Parmesan
2 tbsp extra-virgin olive oil
1 tbsp fresh lemon juice (or orange juice)
1 tsp honey (optional)
1/2 tsp kosher salt, black pepper to taste

PREPARATION

In a large bowl, combine arugula and fennel.
Add orange sections.
Whisk olive oil, lemon juice (and honey if using), salt, and pepper.
Dress the salad and toss gently. Top with Parmesan.

PRESENTATION

Serve on chilled plates in a loose mound.
Finish with an extra crack of black pepper and a small drizzle of olive oil.

ENTREE: CHICKEN SAUSAGE WITH GARLIC-PARMESAN POLENTA (AND PAN SAUCE)

INGREDIENTS

Sausage & sauce
4–6 chicken sausages (Italian-style or any chicken sausage you prefer)
2 tbsp olive oil
1 small yellow onion, finely diced
3 cloves garlic, minced
1 cup chicken broth (or water + a bouillon cube)
1/2 cup marinara or crushed tomatoes (optional but recommended)

1 tbsp balsamic vinegar (optional)
1/2 tsp dried oregano (optional)
Salt and black pepper to taste
2 tbsp chopped fresh parsley

Polenta

1 cup polenta (coarse cornmeal)
4 cups water or chicken broth (for richer flavor)
1 tsp kosher salt
2 tbsp unsalted butter (optional)
1/3–1/2 cup grated Parmesan (or Pecorino), plus more to serve

PREPARATION

Cook polenta:

Bring water/broth to a gentle boil. Add salt.

Slowly whisk in polenta. Reduce to low and cook 25–35 minutes, stirring often, until creamy and thick.

Finish polenta:

Stir in butter (if using) and Parmesan. Cover to keep warm.

Brown sausage:

Heat olive oil in a skillet over medium-high. Sear sausages until browned all over, about 8–10 minutes (turning as needed). Remove to a plate.

Build sauce in the same pan:

Add onion; cook 3–5 minutes until softened. Add garlic for 30–60 seconds.

Add broth and marinara/crushed tomatoes (if using). Simmer 5–8 minutes.

Season to taste. Add balsamic if desired.

Combine:

Return sausages to the pan for 2–3 minutes to warm through and coat lightly.

Serve:

Spoon polenta into bowls/plates, slice sausages, and ladle sauce around/over.

PRESENTATION

Spoon polenta into a wide base (a “nest”).

Slice sausages on a diagonal and place attractively on top.

Drizzle sauce around the edges.

Garnish with parsley and a final shower of Parmesan.

SIDE DISH 1: ROASTED GARLIC BROCCOLINI (LEMON-BUTTER STYLE)

INGREDIENTS

1 bunch broccolini
2 tbsp olive oil
3 cloves garlic, thinly sliced
1 tbsp lemon juice + lemon zest (to taste)
2 tbsp grated Parmesan (optional)
Salt and pepper

PREPARATION

Heat oven to 425°F (220°C).

Toss broccolini with olive oil, garlic, salt, and pepper.

Roast 10–14 minutes until tender-crisp.

Toss immediately with lemon juice/zest (and Parmesan if using).

PRESENTATION

Stack broccolini neatly on the plate beside the entree.

Finish with a small sprinkle of lemon zest.

SIDE DISH 2: SIMPLE CAPRESE SALAD WITH BASIL OIL

INGREDIENTS

2–3 ripe tomatoes, sliced

8 oz fresh mozzarella (bocconcini or sliced)

Fresh basil leaves

2 tbsp olive oil

1 tbsp balsamic glaze (optional)

Salt and black pepper

PREPARATION

Alternate tomato and mozzarella slices on a platter.

Tuck basil leaves between layers.

Drizzle olive oil, add salt/pepper, and finish with balsamic glaze if using.

PRESENTATION

Serve in a line or overlapping circles for an elegant look.

DESSERT: HONEY-ROASTED PEACHES WITH VANILLA (OR VANILLA ICE CREAM)

INGREDIENTS

2 peaches, sliced (fresh or frozen-thawed)

2 tbsp honey

1 tbsp lemon juice

1/2 tsp cinnamon (optional)

2 tbsp butter (optional)

Vanilla ice cream or vanilla yogurt

PREPARATION

Preheat oven to 400°F (200°C).

Toss peaches with honey, lemon juice, cinnamon (and butter if using).

Roast 12–18 minutes until glossy and tender.

Serve warm peaches over vanilla ice cream (or chilled yogurt).

Presentation

**Spoon peaches into small bowls.
Add a scoop of vanilla next to/over the top.
Drizzle remaining juices from the roasting dish.**

WINE PAIRING (RECOMMENDED)

KAIKEN ULTRA MALBEC RED WINE

Malbec's bold, dark-fruit character and smooth tannins complement the savory, slightly peppery flavors of chicken sausage and the richness of cheesy, butter-finished polenta without overpowering them. It also holds up nicely against any tomato-based notes in the pan sauce.