

Pinch & Dash Newsletter

February 2012



A little summer in the middle of winter...

Polenta Tomato Tart

Ingredients:

3 cups chicken stock (or vegetable)
1 cup medium grind cornmeal
½ cup parmesan cheese, divided
8 oz cream cheese, softened
1 egg
3 tomatoes, sliced
salt & pepper to taste

To make polenta:

In a medium pot bring chicken stock to a boil. Slowly pour in cornmeal whisking continuously until all cornmeal is incorporated. Lower heat to simmer and continue to stir until cooked through, 30-40 minutes. Cornmeal will thicken. Once cooked add ¼ cup parmesan cheese and pepper and stir to combine. Let polenta cool to thicken more.

Preheat oven to 375 degrees. Spray a 9 inch tart pan with cooking spray. Pour polenta into tart pan pushing up the sides. In a bowl combine softened cream cheese, egg, ½ tsp salt and ½ tsp pepper. Mix until combined and spread into tart pan on top of polenta. Top with tomato slices and the rest of the parmesan cheese. Bake for 45-50 minutes until bubbly. Serve immediately or at room temperature. Serves 8.

All About Pinch & Dash

Pinch & Dash is a company that specializes in personal catering for singles, families and small dinner parties. Led by Chef Lisa, Pinch & Dash provides: home cooked meals delivered to you or made within your home, a helpful hand with your grocery shopping, cooking classes, menu planning, and small event catering.

Please visit the Pinch & Dash website or call for more information.

Gluten Free Alternative Crust

Living with a gluten allergy in 2012 is very different then 10 years ago. Today, the more informed product labeling has helped the consumer. Products containing gluten are indicated as such, as well as the increased availability of gluten free products for those who have a gluten allergy or just choose to select a gluten free lifestyle. Today, chefs are more aware of this “gluten intolerance” thus eating in restaurants is not as difficult. My sister lives with a gluten intolerance and I have learned a lot in helping her maintain a gluten free lifestyle. Often when she visits Chicago, we order pizza from a local pizza restaurant that makes the crust with rice flour. We have also learned to make many different types of pizza without gluten. Some of these don’t even contain a bread-like crust, creating a healthier version of what sometimes is not such a healthy food. So next time you have a pizza craving, even if you don’t maintain a gluten free diet, try one of these ideas. Use a chicken breast and top with your favorite pizza sauce, veggies, cheese and even pepperoni. Or try a thinly sliced zucchini or eggplant. The possibilities are endless. Even try the polenta crust used in the tomato tart recipe. All great ideas, until next time...



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