Rosemary Chicken with Skillet Polenta

2 plates, each with half the rosemary chicken, soft polenta and tomatoes · Active 25 min · Total 1 hr

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 10 1/2 oz boneless skinless chicken thigh meat (300 g raw), opened flat
- 2/3 cup fine yellow degermed cornmeal, not instant (100 g dry)
- About 7/8 cup 2% milk (200 ml/about 206 g)
- 1 1/4 cups drinking water (300 ml), plus up to 120 ml more if polenta needs it
- 2 teaspoons olive oil (10 ml/about 9 g)
- 1 cup cherry tomatoes, halved (200 g)
- 1 small garlic clove, minced (3 g)
- 1 small rosemary sprig, needles removed and finely chopped (2 g edible)
- 1/4 teaspoon fine salt (1.5 g), divided
- 1/8 teaspoon black pepper (0.3 g)

Set out

Deep 24 cm/9 1/2-inch nonstick skillet for polenta, 28 cm/11-inch skillet for chicken, Whisk and long-handled spoon, Tongs, Separate raw-poultry board and clean plate, Knife, Kitchen scale, Food thermometer, Two stove burners

Allergens

Milk; check cornmeal packaging for cross-contact information if relevant. Check labels and substitutions.

Make it

1. Whisk cornmeal, milk, 300 ml water and half the salt in the deep nonstick skillet while cold. Place over medium heat and stir until gently bubbling. Lower heat and cook for 25–35 minutes, or the fine-cornmeal packet time, stirring and scraping frequently. Add the extra water a little at a time if it becomes too stiff before the grains soften.

2. While polenta cooks, season chicken with remaining salt and pepper. Heat oil in the second skillet over medium heat. Add opened thigh pieces and cook for about 6–8 minutes per side, adjusting heat to avoid burning, until every piece reaches 165°F/74°C. Add finely chopped rosemary for the last minute, turning the chicken through it. Transfer to a clean plate with clean utensils.

3. Add tomatoes and garlic to the chicken skillet and cook over medium heat for 4–5 minutes until tomatoes soften and release some juice; scrape up browned residue without scorching the garlic.

4. Check a cooled taste of polenta is soft rather than chalky. Divide it between 2 plates, add half the chicken to each and spoon the tomatoes and all measured pan juices over the meal.

A useful kitchen skill

Scrape the whole base of a thick grain mixture, and taste a cooled sample to distinguish fully soft cornmeal from merely thickened liquid.

A useful detail

The 60-minute total assumes two burners and fine cornmeal that cooks in 25–35 minutes. Coarse polenta can take substantially longer. The estimate matches dry fine yellow cornmeal directly rather than assuming an instant brand.

Keep it well

Refrigerate leftovers promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 3 days. Reheat only the needed portion to 165°F/74°C throughout. Polenta firms in the refrigerator; loosen it with a little drinking water while stirring over gentle heat.