# Chickpea Gravy over Soft Polenta

2 shallow bowls of soft polenta with chickpea gravy · Active 15 min · Total 45 min

Skills: Easy

## Ingredients

- 2/3 cup medium yellow cornmeal, not instant (100 g)
- 3 1/2 cups water (840 ml), divided: 2 1/2 cups for polenta and 1 cup for gravy
- 1 cup 2% milk (240 ml), divided equally between polenta and gravy
- 1/2 teaspoon fine salt (3 g), divided
- 1 tablespoon neutral oil (15 ml)
- 1 small onion, finely diced (100 g)
- 2 tablespoons all-purpose flour (16 g)
- 1 can chickpeas (15 oz/425 g), drained and rinsed to give 240 g
- 2 teaspoons prepared mustard (10 g)
- 1/2 teaspoon dried thyme (0.5 g)
- 1/4 teaspoon ground black pepper (0.5 g)

## Set out

2 medium saucepans, one with lid, Whisk, Wooden spoon

## Allergens

Milk, Wheat, Mustard. Check labels and substitutions.

## Make it

**1.** Bring 2 1/2 cups/600 ml water to a simmer in one saucepan with half the salt. Whisk in cornmeal in a steady stream. Reduce to low and cook, stirring often, for 25–30 minutes or the package-specified time until tender. Stir in 1/2 cup/120 ml milk near the end and cover briefly.

**2.** Meanwhile, heat oil in the other saucepan over medium heat. Cook onion for 7–8 minutes until soft. Stir in flour and cook for 1 minute.

**3.** Gradually whisk in the remaining 1 cup/240 ml water until smooth, then add remaining 1/2 cup/120 ml milk, mustard, thyme, pepper and remaining salt. Simmer gently for 4–5 minutes until lightly thickened.

**4.** Fold in drained chickpeas and simmer for another 5 minutes until hot. Divide soft polenta between two bowls and spoon half the chickpea gravy over each.

## Use water where it works

The browned onion, thyme and mustard provide the gravy flavor, so a carton of stock is unnecessary here. Measure the salt rather than trying to imitate a salty packet sauce. A spoonful of gravy over every part of the polenta makes the short ingredient list feel complete.

## A useful detail

Cornmeal grind controls cooking time. Coarser polenta may need longer than 30 minutes and a little more water; follow its package rather than serving gritty grains.

## Keep it well

Refrigerate polenta and gravy separately in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C, adding water to soften the polenta. Stir gravy frequently while reheating.