



Creamy Polenta with Goat Cheese

READY IN



15 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 beef ribs whole
- 2 Tablespoons butter
- 3 carrots diced whole
- 2 cups chicken broth (enough To Almost Cover Ribs)
- 0.3 cup flour all-purpose
- 4 ounces goat cheese
- 4 servings salt and pepper to taste
- 2 Tablespoons olive oil
- 1 onion diced whole

- 6 pieces pancetta diced
- 2 cups wine
- 2 sprigs rosemary
- 1 teaspoon salt
- 2 shallots whole finely minced peeled
- 2 sprigs thyme leaves
- 1 cup cornmeal yellow

Equipment

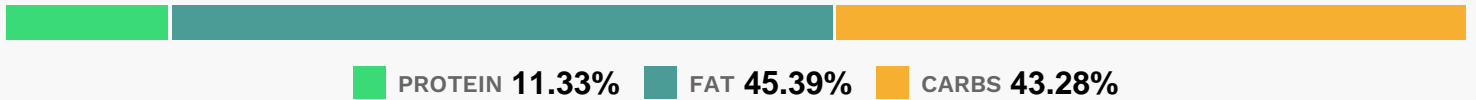
- frying pan
- oven
- whisk
- dutch oven

Directions

- Bring 4 1/2 cups water to a boil.
- Add cornmeal to the water in a thin stream, whisking constantly to avoid lumps. Reduce heat to a simmer, and cook for 15 minutes, adding salt and extra tablespoons of water as needed. When polenta is done, stir in butter and goat cheese. Check seasonings, and add salt to taste.
- Serve with your favorite meat main course. Yummy! Salt and pepper ribs, then dredge in flour. Set aside. In a large dutch oven, cook pancetta over medium heat until complete crispy and all fat is rendered.
- Remove pancetta and set aside. Do not discard grease.
- Add olive oil to pan with the pancetta grease, and raise heat to high. Brown ribs on all sides, about 45 seconds per side.
- Remove ribs and set aside. Turn heat to medium.
- Add onions, carrots, and shallots to pan and cook for 2 minutes.
- Pour in wine and scrape bottom of pan to release all the flavorful bits of glory. Bring to a boil and cook 2 minutes.

- Add broth, 1 teaspoon kosher salt, and plenty of freshly ground black pepper. Taste and add more salt if needed.
- Add ribs to the liquid; they should be almost completely submerged.
- Add thyme and rosemary sprigs (whole) to the liquid. Put on the lid and place into the oven. Cook at 350 for 2 hours, then reduce heat to 325 and cook for an additional 30 to 45 minutes. Ribs should be fork-tender and falling off the bone.
- Remove pan from oven and allow to sit for at least 20 minutes, lid on, before serving. At the last minute, skim fat off the top of the liquid. (Can also refrigerate mixture, then remove solid fat from the top.)
- Serve 2 ribs on bed of creamy polenta, spooning a little juice over the top.

Nutrition Facts



Properties

Glycemic Index:106.83, Glycemic Load:24.63, Inflammation Score:-10, Nutrition Score:18.121738954731%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 522.58kcal (26.13%), Fat: 22.28g (34.27%), Saturated Fat: 9.46g (59.11%), Carbohydrates: 47.81g (15.94%), Net Carbohydrates: 41.62g (15.13%), Sugar: 6.87g (7.64%), Cholesterol: 32.61mg (10.87%), Sodium: 1413.77mg (61.47%), Alcohol: 12.36g (100%), Alcohol %: 3.74% (100%), Protein: 12.51g (25.02%), Vitamin A: 8140.05IU (162.8%), Manganese: 0.68mg (34.01%), Vitamin B6: 0.52mg (26.14%), Fiber: 6.19g (24.75%), Phosphorus: 236.44mg (23.64%), Copper: 0.39mg (19.27%), Vitamin B1: 0.29mg (19.22%), Magnesium: 74.52mg (18.63%), Vitamin B2: 0.32mg (18.61%), Iron: 3.04mg (16.89%), Potassium: 493.92mg (14.11%), Zinc: 2.11mg (14.09%), Vitamin B3: 2.6mg (13%), Folate: 51.29µg (12.82%), Vitamin E: 1.74mg (11.59%), Vitamin K: 12.05µg (11.47%), Selenium: 7.41µg (10.59%), Calcium: 89.92mg (8.99%), Vitamin C: 6.57mg (7.96%), Vitamin B5: 0.75mg (7.48%), Vitamin B12: 0.16µg (2.74%)