



Polenta Squares with Mushroom Ragu

READY IN



40 min.

SERVINGS



36

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 3 tablespoons butter at room temperature
- ☐ 8 ounces cremini mushrooms chopped
- ☐ 0.5 teaspoon flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 0.8 cup plum brandy dry
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons parsley leaves fresh italian chopped

- ☐ 0.5 cup quick-cooking polenta
- ☐ 1 teaspoon salt plus more for seasoning
- ☐ 2 cups water boiling

Equipment

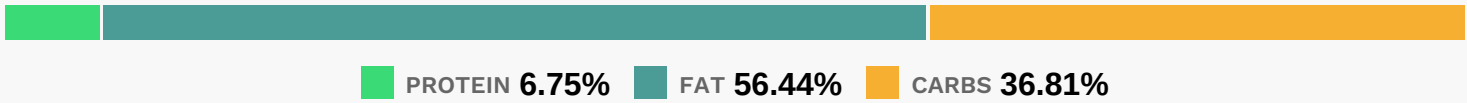
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring the water, 1 tablespoon butter, and 1/2 teaspoon salt to a boil in a heavy medium saucepan. Gradually whisk in the polenta. Reduce the heat to medium-low. Stir constantly until the polenta thickens, about 5 minutes.
- ☐ Pour the polenta into a greased 9 by 9-inch baking pan, spreading so that it is 1/3-inch thick. Cover and let stand at room temperature until set, about 15 minutes.
- ☐ Meanwhile, heat the oil in a heavy large frying pan over medium-high heat.
- ☐ Add the mushrooms and onion.
- ☐ Sprinkle with 1/2 teaspoon of salt and 1/4 teaspoon of pepper and saute until the juices evaporate, about 8 minutes.
- ☐ Add the garlic and saute until the mushrooms are golden brown, about 2 minutes longer. Decrease the heat to medium-low.
- ☐ Add the Marsala. Cover and simmer until the Marsala has reduced by about half, about 5 minutes. Stir the flour and remaining 2 tablespoons of butter in a small bowl to form a paste, then stir the paste into the mushroom mixture. Cover and simmer until the sauce thickens slightly, about 2 minutes.
- ☐ Remove from the heat. Stir the parsley into the ragu. Season the ragu, to taste, with more salt and pepper.

Cut the polenta into 36 bite-size squares. Arrange the polenta squares on a platter. Spoon the warm ragu atop the polenta and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.78, Glycemic Load:0.51, Inflammation Score:-1, Nutrition Score:1.3256521791868%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 4.74mg, Malvidin: 4.74mg, Malvidin: 4.74mg, Malvidin: 4.74mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 26.96kcal (1.35%), Fat: 1.43g (2.2%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.62g (0.69%), Cholesterol: 2.51mg (0.84%), Sodium: 9.29mg (0.4%), Alcohol: 0.76g (100%), Alcohol %: 3.25% (100%), Protein: 0.38g (0.77%), Vitamin K: 4.88µg (4.65%), Manganese: 0.08mg (3.84%), Selenium: 2.1µg (3%), Copper: 0.04mg (2.13%), Vitamin B2: 0.04mg (2.08%), Phosphorus: 14.6mg (1.46%), Vitamin B3: 0.27mg (1.37%), Potassium: 43.89mg (1.25%), Magnesium: 4.97mg (1.24%), Vitamin B5: 0.11mg (1.11%), Vitamin A: 50.33IU (1.01%), Fiber: 0.25g (1.01%)