



Polenta with Mushroom Ragout

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 cup ears corn husked
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 teaspoons garlic clove crushed finely chopped
- ☐ 0.5 cup chicken broth homemade canned
- ☐ 5 ounces mushrooms wild cleaned trimmed cut into 1/2-inch pieces (2 cups) (cultivated, , or a combination)
- ☐ 0.5 cup onion chopped
- ☐ 1 tablespoon vegetable oil; peanut oil preferred

- ☐ 4 plum tomatoes halved seeded cut into 1/2-inch pieces (1 1/4 cups)
- ☐ 0.3 teaspoon salt to taste
- ☐ 1 tablespoon butter unsalted
- ☐ 2 cups water
- ☐ 0.5 cup cornmeal yellow

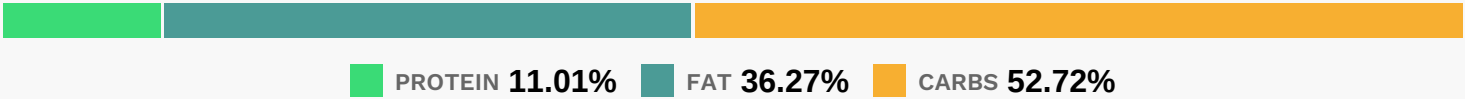
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ FOR THE POLENTA
- ☐ Bring the water to a boil in a medium saucepan.
- ☐ Sprinkle the cornmeal on top while mixing it in with a whisk, and stir in the salt and pepper. Bring the mixture to a boil, then reduce the heat to low, cover with a lid to prevent splattering, and cook gently for 6 to 8 minutes, stirring occasionally, until the polenta is cooked and has the consistency of a creamy puree. Set aside, covered.
- ☐ FOR THE RAGOUT
- ☐ Heat the butter and oil in a large saucepan. When they are hot, add the onion and sauté for 30 seconds.
- ☐ Add the mushrooms and sauté over high heat for about 2 minutes, until the liquid emerges from them and evaporates.
- ☐ Add the garlic, tomatoes, corn, chicken stock, salt, and pepper and bring to a strong boil. Reduce the heat to medium and cook for 2 to 3 minutes.
- ☐ To serve, ladle the polenta into the center of four soup plates and pour the mushroom ragout on top of and around it.
- ☐ Sprinkle with the chives and serve.
- ☐ From Essential Pépin: More Than 700 All-Time Favorites From My Life in Food by Jacques Pépin. Copyright © 2011 by Jacques Pépin; illustrations copyright © 2011 by Jacques Pépin. Published by Houghton Mifflin Harcourt Company.

Nutrition Facts



Properties

Glycemic Index:68.13, Glycemic Load:10.11, Inflammation Score:-7, Nutrition Score:10.305217385292%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 198.05kcal (9.9%), Fat: 8.46g (13.01%), Saturated Fat: 2.82g (17.59%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 23.54g (8.56%), Sugar: 5.84g (6.49%), Cholesterol: 7.53mg (2.51%), Sodium: 172.71mg (7.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.55%), Vitamin C: 14.52mg (17.6%), Manganese: 0.34mg (16.94%), Fiber: 4.12g (16.47%), Vitamin B3: 3.23mg (16.15%), Vitamin A: 737.88IU (14.76%), Vitamin B6: 0.29mg (14.27%), Phosphorus: 141.09mg (14.11%), Potassium: 488.23mg (13.95%), Copper: 0.27mg (13.35%), Vitamin B2: 0.21mg (12.45%), Magnesium: 49.35mg (12.34%), Vitamin B1: 0.18mg (12.07%), Folate: 42.84µg (10.71%), Vitamin B5: 1.01mg (10.07%), Vitamin K: 8.72µg (8.3%), Zinc: 1.18mg (7.86%), Selenium: 5.07µg (7.24%), Vitamin E: 1.08mg (7.18%), Iron: 1.29mg (7.17%), Calcium: 23.81mg (2.38%)