



Puntine di Maiale con Polenta: Pork Ribs with Polenta



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



1106 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large bay leaves
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 1 cup cooking wine dry red
- ☐ 0.3 cup olive oil extra virgin
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 bunch basil fresh cut into chiffonade

- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 1 pinch ground allspice generous
- ☐ 1 pinch ground cinnamon generous
- ☐ 1 pinch ground cloves generous
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup niçoise olives black pitted
- ☐ 1 large onion thinly sliced
- ☐ 1 onion spanish chopped
- ☐ 4 tablespoons parsley italian chopped
- ☐ 1 cup cooking polenta yellow quick
- ☐ 5 pounds pork spareribs lean country-style
- ☐ 1 teaspoon salt
- ☐ 8 servings salt
- ☐ 8 servings salt and pepper
- ☐ 3 cups water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ broiler
- ☐ spatula

Directions

- ☐ Trim the excess fat from the meat. If the pork is in 1 piece, separate it into pieces by cutting between the ribs.

- ☐ Heat the oil in a 12-inch saute pan over medium-high heat.
- ☐ Add the meat in a single layer. Take about 20 minutes to brown it slowly, until dark brown and crusty on all sides.
- ☐ Remove the meat to a platter.
- ☐ Keep the heat at medium as you stir in the onion and parsley. Cook 10 minutes, or until golden brown, taking care not to burn the glaze in the bottom of the pan. Stir frequently. Stir in the bay leaves and spices. Return the meat to the pan, turning to coat it with the vegetables and seasonings.
- ☐ Pour in the wine, adjusting the heat so that it bubbles slowly. As the wine cooks down over 10 to 15 minutes, use a wooden spatula to scrape up the browned bits at the bottom of the pan.
- ☐ Add the tomato sauce. Stir in the olives, and bring the mixture to a very slow bubble over low heat. Cover tightly and cook over low heat 1 hour. Season with salt and pepper. Skim any fat from the surface of the sauce.
- ☐ Sprinkle basil over and serve with grilled polenta.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic, and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot, and cook 5 minutes more, until the carrot is quite soft.
- ☐ Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.
- ☐ In a medium saucepan, bring the water to a boil.
- ☐ Add the polenta, gradually, stirring constantly with a whisk. Lower heat to a simmer, season with salt, and cook 5 to 7 minutes, until the consistency of thick oatmeal.
- ☐ Pour the polenta into a clean, but not greased 9 by 13-inch baking dish and allow to cool for 30 minutes.
- ☐ Preheat the grill or broiler.
- ☐ Cut the polenta into quarters, then halve each quarter diagonally to make 8 wedges.
- ☐ Brush the wedges with 1 tablespoon of olive oil, set over the grill, and cook until slightly charred and crispy, about 10 minutes.

Nutrition Facts



 PROTEIN **17.79%**  FAT **71.77%**  CARBS **10.44%**

Properties

Glycemic Index:45.79, Glycemic Load:9.73, Inflammation Score:-10, Nutrition Score:39.550869775855%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 1105.6kcal (55.28%), Fat: 86.43g (132.96%), Saturated Fat: 24.17g (151.08%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 22.99g (8.36%), Sugar: 6.67g (7.41%), Cholesterol: 226.8mg (75.6%), Sodium: 1334.52mg (58.02%), Alcohol: 3.15g (100%), Alcohol %: 0.58% (100%), Protein: 48.2g (96.4%), Vitamin B6: 2.04mg (102.17%), Selenium: 64.22µg (91.75%), Vitamin B3: 15.31mg (76.55%), Vitamin B1: 1.08mg (71.93%), Zinc: 8.16mg (54.37%), Vitamin K: 53.93µg (51.36%), Vitamin B2: 0.87mg (51.04%), Phosphorus: 500.13mg (50.01%), Vitamin D: 6.52µg (43.47%), Vitamin E: 5.33mg (35.57%), Potassium: 1223.3mg (34.95%), Vitamin C: 28.62mg (34.69%), Iron: 5.98mg (33.21%), Magnesium: 100.32mg (25.08%), Vitamin A: 1250.76IU (25.02%), Copper: 0.48mg (23.87%), Manganese: 0.46mg (22.86%), Vitamin B5: 2.21mg (22.07%), Fiber: 5.3g (21.2%), Vitamin B12: 1.08µg (17.95%), Calcium: 140.19mg (14.02%), Folate: 34.79µg (8.7%)