

## STEW AND POLENTA



### TIMES

Preparation: 15 Minutes - Cooking: 35 Minutes (in a pressure cooker)

### INGREDIENTS (for 4 people)

300 gr of beef pulp  
1 large onion  
1 carrot  
2 tablespoons of white flour  
1 tablespoon of tomato paste  
6 tablespoons of tomato sauce  
100 ml of white wine  
450 ml of broth  
to taste extra virgin olive oil, rosemary, salt, pepper  
250 gr precooked corn flour (\*)  
750 ml water

### PREPARATION

Clean carrot and onion, then chop them into small cubes.  
Brown the vegetables with a drizzle of oil in the pressure cooker.  
Lightly flour the meat, add it to the pan and brown it very well.  
Add a glass of white wine and let it evaporate over high heat.  
Add the tomato paste, the sauce and the rosemary. Close the pressure cooker and cook over very low heat for 30 minutes starting from the whistle. Once the stew is cooked, season with salt and pepper.  
While the stew is cooking, bring the water to a boil in a separate pan, add salt, pour the polenta flour and cook, stirring first with a whisk and then with a wooden spoon. Cooking time about 10 minutes (\*). Serve the stew on the hot polenta base.

(\*) if you wanted to use non-precooked flour, the cooking times for the polenta would be around 50 minutes.