



Braised beef with polenta

Ingredients for braised beef

- 1 lb (454 g) stewing beef, cut into 1-inch (2 cm) cubes
- 1 red onion, roughly chopped
- 2 cloves of garlic
- 3 tbsp (45 mL) of extra virgin olive oil
- 1 cup (250 mL) red wine
- 1 cup (250 mL) of tomato puree
- 2 cups (500 mL) of vegetable broth
- 1/8 tsp (1 mL) salt
- Freshly cracked pepper to taste

Directions

1. In a pot, heat oil, add onions, garlic, and beef, and sear for 2 minutes on high heat.
2. Add all the wine, tomato puree, broth, salt, and pepper.
3. Bring all the liquid to a boil and lower the heat, allowing simmering for about 2 hours.

Ingredients for polenta

- 4 cups (1 L) lukewarm salted water
- 8 oz (250 g) coarse-grain polenta

Directions

1. Place water in a large pot set on medium heat.
2. Slowly pour polenta into a pot in a steady stream, stirring continuously.
3. When the polenta thickens begins to bubble a little, lower your heat, and continue to stir. Cook for about 30 minutes.
4. The polenta is ready when it reaches a porridge-like consistency, thick and creamy.