



Paprika stew with polenta

Ingredients

500 g lean beef (veal) 250 g of sausage 400 g pomodorini tomatoes
Cirio 1 shallot 1 carrot 1/2 half a glass of white wine extra virgin olive oil
250 g of corn flour for polenta paprika flour butter salt pepper

Preparation

1. In a bowl mix the flour and a few tablespoons of paprika and let you roll the cubes of meat
2. Remove the "skin" and cut the sausage into small pieces
3. Dice the carrot and shallots and fry in a pan with a little oil
4. Add the sausage, sauté briefly , add the veal and cook a few minutes
5. Pour the wine and let it evaporate , add salt and pepper (adding even a sprinkling of paprika - depending on taste)
6. Cover with the tomatoes and cook for 30-40 minutes, stirring occasionally
7. To prepare polenta: stirring constantly with a whisk, pour the flour, "like rain", in a pot with a liter of salted water almost to a boil, and cook the polenta over low heat for 40 minutes, stirring constantly with a wooden spoon
8. After cooking, add the butter and mix well
9. Serve the stew with polenta in a large serving platter or single version, in individual cocottine

