

# Spezzatino con

## Piselli

*(Italian Stew with Peas and Polenta)*



6 servings



### DIRECTIONS

1. In a food processor, place the cleaned carrot, celery and onion (previously cut into chunks).
2. Run the food processor until veggies are minced small.
3. Coat the meat pieces with the flour and set aside.
4. Place the olive oil in a dutch oven and add the veggie mix. Sauté until wilted.
5. Add the floured meat and sauté about 5-10 minutes, stirring often to avoid sticking.
6. When meat is golden and juices have dried up, add the wine. Stir well for a minute or two.
7. Add stock, salt and pepper. Stir again and cover.
8. Cook on low flame for 35 to 40 minutes, stirring occasionally and making sure liquid does not dry up too quickly. If so, add warm water or stock.
9. It's now time to add the peas. Before doing so, check again for liquid. Add more if needed.
10. Cook covered for an additional 15 minutes, or until peas are tender. Always keep an eye on the liquid. The end result should be a wet stew. Adjust seasonings and serve warm.
11. If you want to impress your family or guests, follow the additional steps below.

### INGREDIENTS

- 1-1/2 lbs beef stew meat, cut into small cubes (can substitute with your favorite meat)
- 1 celery stalk
- 1 large carrot
- 1 medium onion
- 3 tablespoons of flour
- salt and pepper
- 4 oz of dry white wine
- 1-1/2 cup chicken stock (more if needed)
- 1 lb fresh (shelled) or frozen peas
- 4 tablespoons olive oil

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## DIRECTIONS (CONT.)

### Direction for Polenta:

1. Bring water to a boil in a pasta pot. Add bouillons, salt, pepper and butter.
2. Reduce heat to a gentle boil.
3. Slowly pour the polenta flour into the hot water, a little at a time, while stirring with a whisk. You need to be consistent in order to avoid lumps.
4. Continue stirring until polenta is cooked, according to package directions (usually 5 minutes).
5. Carefully spread a few spoons of hot polenta around the inside of a soup bowl, making sure the entire surface is covered.
6. Wait a couple of minutes for polenta to set.
7. Ladle some stew in each of the polenta coated bowls.
8. Serve immediately. Makes 6 servings

## INGREDIENTS

### Ingredients for Polenta:

- 1 qt of hot water (4 cups)
- 2 large or 4 small bouillon cubes (beef or chicken)
- 1 cup quick cooking Polenta
- Salt and pepper to taste
- 1 Tbsp butter