

Pork Rib Ragù with Polenta (Ragù di Maiale con Polenta)

Yield: 5 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/east-ragu-recipe>

Ingredients:

- 2 tablespoons vegetable oil
- 3 pounds pork spareribs meaty, cut into individual ribs
- fine sea salt
- freshly ground pepper
- 1 carrot large, peeled and finely chopped
- 1 yellow onion finely chopped
- 1 celery stalk finely chopped
- 1 garlic clove crushed flat but left whole
- 3/4 cup dry red wine
- 28 ounces diced tomatoes
- 1 bay leaf
- 7 cups chicken broth preferably homemade, or water
- 1 teaspoon fine sea salt optional
- 1 1/2 cups polenta
- 3 tablespoons unsalted butter at room temperature
- parmigiano reggiano cheese Grated, for serving

Nutrition:

1. Calories: 1030 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 240 milligrams
4. Fat: 81 grams
5. Fiber: 3 grams
6. Protein: 52 grams
7. SaturatedFat: 27 grams
8. Sodium: 1130 milligrams
9. Sugar: 7 grams

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