

Creamy Polenta with Goat Cheese

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-polenta-recipe>

Ingredients:

- 1 cup yellow cornmeal
- 1 teaspoon salt
- 2 tablespoons butter
- 4 ounces goat cheese weight
- 8 whole beef short ribs
- kosher salt
- pepper
- 1/4 cup all purpose flour
- 6 pieces pancetta Diced
- 2 tablespoons olive oil
- 1 whole onion Medium, Diced
- 3 whole carrots Diced
- 2 whole shallots Peeled And Finely Minced
- 2 cups white wine Red Or
- 2 cups beef Or Chicken Broth, enough To Almost Cover Ribs
- 2 sprigs thyme
- 2 sprigs rosemary

Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 120 milligrams
4. Fat: 41 grams
5. Fiber: 5 grams
6. Protein: 35 grams
7. SaturatedFat: 18 grams
8. Sodium: 1040 milligrams

9. Sugar: 6 grams
 10. TransFat: 1 grams
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