

Polenta Cake with Meat Sauce

Yield: 8 min
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-italian-polenta-cake-recipe>

Ingredients:

- 6 tablespoons extra-virgin olive oil
- 1 onion minced
- 1 carrot chopped
- 1 celery stalk small, preferably with leaves, chopped
- 1 teaspoon fennel seeds ground
- 1 pound ground pork or a mix of ground pork and beef or Italian sausage
- 1/2 cup dry red wine good-quality
- 3 tablespoons tomato paste store-bought or homemade
- 36 ounces plum tomatoes canned, drained, seeded, and chopped, juices reserved
- 1 teaspoon sea salt plus more to taste
- 3 tablespoons fresh basil leaves minced
- freshly ground black pepper to taste
- 1 polenta Basic
- 1/2 pound pecorino cheese semi-soft, such as fior di sardegna or tuscan caciotta, or young Spanish manchego, shredded
- olive oil for the baking dish and the work surface

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 70 milligrams
4. Fat: 35 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 12 grams
8. Sodium: 910 milligrams
9. Sugar: 7 grams

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