

COCOA STEW WITH POLENTA

Recipe of meat rich in flavors and scents, but you need a lot of time for cooking it. In fact, the meat requires a long cooking and it has to be marinated for one night with all the smells and the red wine. Being a very aromatic dish, serve with polenta or purée, they are both ideal for a side dish: very soft and delicate that does not cover the flavor.



INGREDIENTS:

1 kg of beef
500 g of little onions
1 bottle of red wine
1 glass of broth
1 carrot
1 herbs (laurel, parsley, thyme)
2 tablespoons of bitter cocoa powder
 Emilia
12 cloves Extra virgin olive oil
 Polenta like side dish



Difficulty
MEDIUM



Preparation
190 min



Portions
8

1 In a large saucepan, brown onions and carrots and cloves for a few minutes on a lively fire. Then go roast the meat, a few minutes on the side and always on a lively fire, so that it is evenly golden. Then add the wine, broth, herbs and cocoa.

TIP

The traditional recipe wants that you have to marinate meat with wine, herbs and spices, which surely makes the dish more aromatic. If you choose to do this, don't put the cocoa powder, which will be added at the time of cooking, as per recipe.

2 Bring to a lively boil, then lower the fire and cover. Let it bake in a gentle heat for about 3 hours, turning from time to time. When it is about an hour missing, you can start cooking polenta if used.

3 Just before taking it to the table, remove the meat from the frying pan, filter the cooking liquid, adjust salt and pepper and let it thicken still a bit lively.
 Serve in sliced meat, stuffed with the sauce and accompanied by polenta.