

# RICOTTA POLENTA WITH DRUNKEN MEATBALLS

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COOK TIME: 30mins

SERVES: 4

CALORIES: 644 kcal (PER SERVING)

## INGREDIENTS

### \*RICOTTA POLENTA

200 g/7 oz instant polenta  
500 ml/2 cups chicken broth  
500 ml/2 cups whole milk  
200 g/7 oz whole milk ricotta  
80 g/3 oz grated Parmesan  
2 tbsp unsalted butter  
salt and black pepper, to taste

### \*MEATBALLS

500 g/18 oz ground meat, I used 70% pork  
with 30% beef  
1/2 tsp each: salt, black pepper, sweet paprika,  
cayenne pepper, garlic powder, onion powder  
1/4 tsp nutmeg  
1 egg  
2 tbsp breadcrumbs

### \*GRAVY

2 medium onions, thinly sliced  
3 garlic cloves, minced  
250 ml/1 cup brown beer  
(use a dark beer with dominant malty sweet flavors)  
250 ml/1 cup chicken broth  
3 tbsp olive oil  
3 tbsp unsalted butter  
1 tsp mild mustard  
1 tsp each: black pepper, dried oregano, dried thyme  
2 tbsp flour  
chopped chives, for serving  
salad, roasted broccoli or green beans, for serving

## DIRECTIONS

Combine all the ingredients for the meatballs in a large bowl. Mix until just combined, using your hands. Roll the meat into 2 tablespoon-sized balls.

In a large non-stick skillet, heat 1 tbsp butter and 2 tbsp olive oil over medium heat. Add the meatballs and brown on all sides, about 10 minutes or until they're cooked through, turning them 2-3 times. Transfer to a plate.

In the same skillet, add 1 tbsp oil and 2 tbsp butter. Cook onions for 5 minutes over low heat. Add garlic, cook for 2 minutes. Stir in black pepper, oregano, thyme and flour. Allow the flour to cook for 1 minute, stirring constantly. Pour in the brown beer and chicken broth, then stir in the mustard. Bring the sauce to a boil.

Slide the meatballs and all of the released juices back into the skillet. Add salt and pepper to your own taste. Simmer over low heat while you make the polenta.

In a saucepan, bring chicken broth and milk to a boil. Slowly whisk in the polenta, stirring continuously over low, about 2-3 minutes. Turn off the heat. Stir in ricotta, parmesan, salt and black pepper. Add butter and stir to combine. Cover and let stand for 1 minute. If the polenta thickens too much, thin with some additional milk or chicken broth. Add more salt and pepper, if needed.

Divide polenta over bowls, top with meatballs and gravy. Serve with chopped chives, a salad or roasted broccoli. Enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.