

4-H Manitoba

Virtual Food Program

With Chef Maria Abiusi

Thursday, January 20, 2022
7:00 p.m.

Pre-class Prep

Thanks for joining our virtual class! We are excited for the opportunity to teach and interact with you in the comfort of your own kitchen. During the class, our chef will monitor the group's progress in order to make sure we are all working at a comfortable pace and no one is having to rush to keep up. We have some tips below that will help ensure that you are prepared and ready to go.

- Please have all the necessary equipment and ingredients out and ready to be used. This will save you from having to search for items in drawers, cupboards or the fridge during instruction.
- Please open any cans (do not drain) and wash vegetables so they are ready to use.
- The recipe is set up to feed 4 people. If you plan to cook for more or less people, adjust the ingredient quantities accordingly.
- If you have a printer available, it would be helpful to print your recipes for easy reference as you may be using your device for the video call.

Hearty Bison Ragu over Soft Polenta

Serves 4

3 cups chicken stock
2 cup milk
3/4 tsp salt
1 cup slow-cooking polenta (or cornmeal)
2 Tbsp unsalted butter
1/3 cup grated Parmigiano-Reggiano cheese, more for garnish (optional)

1lb ground Bison (can substitute with pork, chicken, turkey, beef) or equivalent weight of fresh sausages, casings removed
2 Tbsp olive oil
1/2 small yellow onion, finely chopped
2 large garlic cloves, finely chopped
1 can (14 oz.) diced plum tomatoes with juice
1 small bay leaf
1/2 tsp. salt
1/4 tsp freshly ground pepper, plus more to taste
1 Tbsp finely chopped fresh basil

Heat a large non-stick or cast-iron fry pan over medium heat. Add the ground meat or sausages and cook, stirring and breaking up the meat, until no trace of pink remains, 5 to 7 minutes. Using a slotted spoon, transfer the meat to a double thickness of paper towels to drain. Discard any fat from the pan and wipe out with a paper towel.

Return the pan to medium heat and warm the olive oil. Add the onion and garlic and sauté until softened, about 5 minutes. Add the tomatoes, bay leaf, salt and the 1/4 tsp. pepper and bring to a simmer. Cook, stirring occasionally, until the liquid has evaporated and the mixture is quite thick, about 10 minutes. Discard the bay leaf, stir in the sausage and the basil, and keep warm.

To make the polenta, in a heavy saucepan over high heat, combine the stock, milk and salt and bring to a boil. Reduce the heat to a simmer. Add the polenta in a slow, thin stream, whisking constantly. Reduce the heat to very low. Stir vigorously with a wooden spoon every 1 to 2 minutes until the grains of polenta have softened, 12 to 15 minutes. Stir in the butter and cheese and remove from the heat.

Divide the polenta between shallow bowls. Top with a generous scoop of the warm ragu.

Serve immediately.

Equipment List

Ragu

Heavy bottomed saucepan
Cutting Board
Chef Knife
Wooden Spoon

Polenta

Heavy bottomed saucepan
Wooden Spoon
Fine Grater

Ingredient List:

5 cups liquid (combination of chicken stock, milk, water)
~ 2 tsp salt
1 cup fine ground cornmeal
2 Tbsp unsalted butter
1/3 cup grated Parmigiano-Reggiano cheese, more for garnish (optional)

1lb ground Bison (can substitute with pork, chicken, turkey, beef) or equivalent weight
of fresh sausages, casings removed
2 Tbsp olive oil
1/2 small yellow onion
2 large garlic cloves
1 can (14 oz.) diced tomatoes
1 small bay leaf
~ 1/4 tsp freshly ground pepper, plus more to taste
1 Tbsp fresh basil leaves