



PV ORANGE

Wild boar stew with polenta

servings 4

total time 80 min

5-6 medium sized onions 3 carrots 1kg and half wild boar 250 ml of
smash tomatoes 1 tablespoon of sugar salt and pepper
few pieces of garlic a glass of white wine a few tablespoons of wheat flour a
medium chili bay leaves basil thyme dill
oil

Onions and carrots must be clean and wash, and then left to drain. We
chopped the onion in small pieces and the carrots in rounds. Wash the meat
well, leave it to drain and cut into small pieces. In a large saucepan, oil is
placed. Leave until it gets hot, then add onions, carrots and meat. Leave until
all of this turns brown.

Add the smash tomatoes, sugar, one big cup of water around 1000 ml and
boil for medium heat. After about 10 minutes, add pepper, salt, bay leaves,
basil, thyme and wine.

After another 45-55 minutes add a mixture of 2 to 3 tablespoons of flour
and water over the meat. Put garlic and chili peppers (to be chopped
before). Let's cook for 15 minutes. If needed, add some water. We put the
chopped dill, leave a minute, and we turn out the fire.

Now we can deal with the polenta. In one non-stick pan, salt water is boiled
and sprinkled and a little corn flour. Then, when the water is boiling, add the
corn flour gradually, stirring to make no cocoons. Everything boils on a small
fire, about 15 minutes.