

INSTA-POT PORK RAGU ON CREAMY PARMESAN POLENTA Serves 6.

2 1/2 lbs. boneless pork shoulder or boneless country-style spareribs,
excess fat removed, cut into 4-inch pieces
Kosher salt and freshly ground black pepper
1 to 2 T. vegetable oil
1 small onion diced
4 garlic cloves chopped
2 T. tomato paste
1 cup full-bodied red wine
1-14.5 oz. canned diced tomatoes
1/2 tsp. smoked paprika
Bouquet garni made of: 5 sprigs fresh thyme, 2 sprigs rosemary, 2 bay leaves

1. For the Ragu, pat the pork shoulder pieces dry and liberally season on all sides with kosher salt and freshly ground black pepper. Heat the instant pot high heat in sauté mode and drizzle in 1 T. oil to coat the bottom. Brown the pork pieces on all sides, about 8 to 10 minutes total.
2. Transfer the pork shoulder to a plate and add remaining 1 T. oil in the cooker; leaving the brown bits and removing any burned pieces. Add the onions and a pinch of salt. Sauté until soft and starting to caramelize, then add the garlic and cook for another 2 minutes. Stir in the tomato paste and cook for 30 seconds.
3. Deglaze the pot with the wine, scraping all the bits off the bottom. Stir in the tomatoes with all the juices and the smoked paprika. Then return the pork shoulder and any accumulated juices back to the pot. Nestle bouquet of thyme, rosemary and bay leaves into the juices.
4. Cover the pot and cancel Saute. Choose the meat setting and slide the valve to "seal". InstaPot will come up to pressure and then cook for 35 minutes. Use the natural pressure release method, then remove the lid. Use a ladle to scoop off and discard the top layer of fat and remove the bouquet garni. Transfer the cooked pork shoulder to a cutting board and shred it apart with two forks, then add it back to the pot with the sauce, stirring to combine. Rewarm sauce when ready to serve over Polenta.

CREAMY PARMESAN POLENTA

Serves 6.

4 cups chicken broth	1 1/2 cups yellow cornmeal
3 cups whole milk	1/2 cup freshly grated Parmesan
Salt and pepper to taste	2 T. unsalted butter

Bring broth, milk, salt and pepper to a boil in a large pot on the stove top. Gradually whisk in cornmeal. Reduce heat and simmer, stirring often, until very thick and creamy, about 8 minutes. Whisk in cheese and butter; serve immediately.