

## GRITS

The following recipe is what we started with to make Grits. Over time my wife has found that the blue commeal uses much less water (maybe only 1 cup). It's also easier to add the cornmeal to the liquids while everything is still cold, and allow them to warm up together. A rice cooker seems to maintain a more consistent heat than our stove and allows my wife to walk away and leave them cook by themselves without so much stirring. My wife has also become like her grandmother in that she really doesn't have a written recipe for some things, but adds "what's needed" sometimes instead of measured amounts. Hopefully I can get a more cookbook recipe out of her in the future and post it here.

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(If you use grits that are too fine, they resemble wallpaper paste. If too coarse, you'll be cooking until lunchtime.)

½ cup grits  
½ cup milk  
1 ¾ cups water  
¾ tsp salt  
¼ tsp pepper

Bring milk, water, salt and pepper to a boil in a medium saucepan. Sprinkle ½ cup grits into center of pan while stirring constantly to avoid lumps.

Reduce heat to low and cover. Set timer for 20 minutes and stir every 5 minutes while cooking.

If not tender enough, continue cooking another 10 minutes, stirring after 5 minutes. Adjust heat of burner from low to medium low to maintain a slow bubble.

Good for breakfast or as a side for seafood or meats.

Spread leftover grits about an inch thick in a pan and chill until firm. Then cut and sprinkle one side with salt & pepper. Dust both sides with flour and fry in oil or butter, turning once when lightly browned. The flour will prevent the grits from popping like popcorn all over your cooktop. These grits recommended for anyone who appreciates genuine southern grits.