

Instructor: Tamika R. Francis, Food & Folklore LLC

Recipe adapted from: Serious Eats.



Southern Style Grits

6:30pm - 7:30pm | 02.03.2022

Serves: 2-3 **Cook Time:** 35-40 mins **Total Time:** 60 minutes

CLASS FOCUS: We will be working with grains. In particular, in celebration of Black History Month. Rice and grits are two very distinct African American favored grains. The South, in particular South Carolina, is known as the rice region of America, and Louisiana is known for its grits dishes. Grits can be had as a breakfast, lunch or dinner item. Some folks enjoy savory grits, so they add more butter while others top their grits with sugar. Grits can be served with roasted vegetables, meat or seafood like shrimp. Or, with eggs and sausages for breakfast.

Ingredients

- 2 1/2 cups (590ml) water
- 1/2 teaspoon kosher salt, plus more as desired
- 1/2 cup (85g) yellow or white corn grits, preferably stone-ground (optionally rinsed, see note)
- 2 tablespoons (30g) unsalted butter

Instructions

1. In a 2-quart saucepan, combine water and salt and bring to a boil. While whisking, sprinkle in grits, then return to a boil.
2. Reduce heat to low, cover, and cook, whisking and scraping bottom well every 2 to 3 minutes, until you reach your desired consistency: runny with some remaining gritty texture, about 30 minutes; thick and creamy but flowing, about 45 minutes; or stiff and able to hold its shape while barely flowing.
3. Whisk in extra water, a tablespoon or two at a time, at any point if your grits become thicker than you'd like. (If your grits are fully cooked but too thin, you can speed up the thickening by cooking them uncovered, which will allow steam to escape more quickly.)
4. Whisk in butter until fully melted and incorporated, then remove from heat. Season with additional salt, if needed. Serve as desired.

Equipment

- 2-quart saucepan
- Whisk

Notes

1. If desired, you can rinse stone-ground grits in a fine-mesh strainer, then drain well and whisk into the water as per the recipe; this can clean them of any dust or debris that might have gotten mixed into the bag during the milling process.
2. Make-Ahead and Storage Grits are best made shortly before serving (they will thicken up and set if allowed to sit for long).