

Carolina Quick Grits

Time: In a slow cooker with no overnight soak, about 90 minutes

Anson Mills quick grits have the whole corn richness and creaminess of our coarse, Antebellum grits but are milled somewhat finer. Particle size is relative, of course--the rest of the industry would call grits this size "coarse" or "old-fashioned." And while it is true that any grain milled fine will finish with slightly diminished texture and flavor compared to that very grain milled coarse, Anson Mills quick grits have certain, indisputable advantages: For one thing, they cook faster; for another, their relatively fine, even texture allows for easy immersion in recipes for tamales, spoonbread, and other Southern or Latin casserole dishes.

Equipment Mise en Place

For this recipe you will need a slow cooker or a medium heavy-bottomed saucepan (preferably one with sloping sides and a wide mouth like the one pictured upper right), and a wooden spoon. A rubber spatula works best for stirring grits in the slow cooker.

Ingredients

1 cup (6 ounces) Anson Mills Whole Hominy Quick Grits (white or yellow)

Spring or filtered water

Fine sea salt

2 to 3 tablespoons unsalted butter

1/2 teaspoon freshly ground black pepper

Directions

- 1. For a slow cooker:** Place the grits in the slow cooker and cover them with 3 cups water. Stir once. Allow the grits to settle a full minute, tilt the vessel, and skim off and discard the chaff and hulls with a fine tea strainer. Cover the slow cooker and turn the heat setting to high. Cook, stirring once or twice, until the grits are creamy and tender throughout and hold their shape on a spoon, about 90 minutes.
- 2. For saucepan cookery:** Place the grits in a medium heavy-bottomed saucepan and cover them with 3 cups water. Stir once. Allow the grits to settle a full minute, tilt the pan, and skim off and discard the chaff and hulls with a fine tea strainer. Cover and let stand overnight at room temperature. Note: If you have not soaked the grits, cover them with 4 cups water, and skim off and discard the chaff and hulls as directed above.
- 3.** Set the saucepan over medium heat and bring to a simmer, stirring constantly with a wooden spoon, until the first starch takes hold, about 5 minutes. Reduce the heat to low and cook, stirring frequently, until the grits are creamy and tender throughout and hold their shape on a spoon, about 15 or 30 minutes, depending on whether or not they were soaked. Add 1 teaspoon salt halfway through the cooking time. To finish, stir in the butter with vigorous strokes. Add more salt, if desired, and the black pepper.

Anson Mills

1922-C Gervais Street • Columbia, South Carolina 29201 • tel. (803) 467-4122 • sales@ansonmills.com

Serves 4 to 6 as a side dish