

Simple Buttered Carolina Gold Rice Grits

Time: 15 minutes to cook and 10 minutes in the oven to dry

Plumper, rounder, meatier than the term "grits" suggests, rice grits are also more elemental, more satisfying than almost any dish on this website. They are made to be sauced. Freshly cooked and hot, rice grits are profoundly comforting with a ladle or two of Sea Island Red Pea Gravy ([link](#)) thrown over them. Cooled slightly, sautéed with aromatics, and served with chicken and gravy, they achieve the status of an elegant side dish.

Equipment Mise en Place

For this recipe you will need a heavy-bottomed 3 1/2-quart saucepan, a wooden spoon, a rimmed sheet pan, and a spatula.

Ingredients

1 cup (7 ounces) Carolina Gold Rice Grits

1 tablespoon fine sea salt plus additional to season

6 cups spring or filtered water

2 to 3 tablespoons unsalted butter

1/2 teaspoon freshly ground black pepper

Directions

1. Bring the spring water and salt to a boil in a heavy-bottomed 3 1/2-quart saucepan. Add the grits, stir once, and return to a boil. As soon as the water boils, reduce the heat. Simmer gently, uncovered, stirring occasionally, until the rice is just tender with no hard starch at its center, about 15 minutes. Drain the grits through a fine, footed colander and rinse well with cool water. Shake the colander to shake off the excess water.

2. Preheat the oven to 300 degrees. Spread the rice evenly over a rimmed sheet pan. Place it in the oven to dry, turning gently from time to time with a spatula, 5 minutes. Dot the rice with butter and sprinkle with salt and pepper. Continue turning the rice until the butter has melted and the rice is hot, about 5 minutes more. Transfer to a warm serving bowl and serve immediately.

Makes 4 cups

Working Ahead

The rice may be cooked and chilled a day in advance. To serve, proceed to step 2.