

Sautéed Carolina Gold Rice Grits with Laurel, Shallots, and Celery

Time: 15 minutes

Elegant enough to slip onto a Plantation sideboard, but easy as pie to make, the sheen of butter on the grits wreathes them in balsam notes of laurel, sweet sautéed shallots and the bracing minerality of minced celery. To produce crispy rice, just keep sautéing.

Equipment Mise en Place

For this recipe you will need a large skillet (nonstick works nicely) and a wooden spoon.

Ingredients

3 tablespoons (1 1/2 ounces) unsalted butter

2 small Turkish bay leaves, broken

2 or 3 tablespoons minced shallots

2 ribs celery, inner ribs preferred, fine dice (2/3 cup)

1 recipe Simple Buttered Rice Grits, rinsed and cool (prepared through Step 1 only)

Fine sea salt to taste

1/2 teaspoon freshly ground black pepper

Directions

1. Melt the butter in a large skillet over medium heat until it foams. Add the bay leaves, shallots, and celery and sauté, stirring with a wooden spoon, until the shallots are translucent and the celery tender, about 5 minutes. Add the rice grits, and stir until the grains are coated with butter. Season with salt and pepper. Continue to stir the rice until it is hot and the flavors have melded, a few minutes more.

Makes 4 cups

Working Ahead

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