

Simple Buttered Coarse Grits

Yield

About 4 cups

Time

50 minutes following an overnight soak; 90 minutes without an overnight soak

Cooking Remarks

It would be remiss of us not to mention that Anson Mills grits benefit enormously from soaking overnight in water before being cooked. Not only is the cooking time shorter for soaked versus unsoaked grits, but the finished texture is also superior because the corn particles experience less trauma during cooking and better hold their shape.

Soaking grits in water overnight and cooking them in their soaking liquid reduces their cooking time by about 50 percent. In real terms, this means 1 cup of grits, unsoaked, cooks in about 90 minutes; soaked overnight, they cook in about 50 minutes. Either way, don't rush these grits. If you do and the grits boil, their aromatic oils will emulsify, coat the larger particles of corn, and prevent the particles from softening in the water. They'll take even longer to cook.

Equipment Mise en Place

For this recipe, you will need a medium heavy-bottomed saucepan (ideally, one with gently flared sides called a Windsor saucepan), a small saucepan, a fine tea strainer, and a wooden spoon.

Ingredients

6 ounces (1 cup) Anson Mills Coarse White Grits or Coarse Yellow Grits
Spring or filtered water
Fine sea salt
2 to 3 tablespoons unsalted butter
½ teaspoon freshly ground black pepper

Directions

- 1.** Place the grits in a medium heavy-bottomed saucepan (preferably a Windsor saucepan) and cover them with 2½ 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 the grits soak overnight at room temperature. If you are not soaking the grits, add an additional d cup of water and proceed to the next step.
- 2.** Set the saucepan over medium heat and bring the mixture to a simmer, stirring constantly with a wooden spoon, until the first starch takes hold, 5 to 8 minutes. Reduce the heat to the lowest possible setting and cover the pan. Meanwhile, heat 2 cups of water in a small saucepan and keep hot. Every few minutes, uncover the grits and stir them; each time you find them thick

enough to hold the spoon upright, ladle in about 2 tablespoons hot water and stir to combine. Cook until the grits are creamy and tender throughout, but not mushy, and hold their shape on a spoon, about 50 minutes if the grits were soaked or about 90 minutes if they weren't, adding 1 teaspoon salt halfway through the cooking time. To finish, stir in the butter with vigorous strokes. Add more salt, if desired, and the pepper.