

## A FEW TASTY WAYS TO FIX GRITS

### BASIC GRITS

Place one cup of Falls Mill stone-ground grits in a bowl, cover with 2 cups of water, stir. The light bran will rise to the top. Carefully pour off the water and light bran reserving the grits in the bowl. Rinse again if desired.

In a heavy-bottomed saucepan bring 2 cups of water, ½ teaspoon of salt and 1 tablespoon of butter to a boil. Stir in the grits. Boil for 1 minute then reduce the heat to low and simmer, covered, about 20 minutes. Stir occasionally until grits are thick and creamy. If too thick add a little more water or some milk or cream. Serve hot, makes about four ½ cup servings

### EASY CHEESE GRITS

4 cups water  
1 cup Falls Mill stone-ground grits  
2 teaspoons instant chicken bouillon  
1 thin slice onion- finely chopped (optional)  
2 tablespoons butter  
¼ cup half-and-half  
2 to 4 ounces of cheese (American, Cheddar, or Havarti)

Place grits in bowl and cover with 2 cups water. Stir grits so that light bran will rise to the top carefully pour off the water and bran, reserving the grits in the bowl. Rinse again if desired.

Bring 2 cups water, onion, instant chicken bouillon, and butter to a boil in a heavy-bottomed saucepan and add grits to the boiling mixture. Reduce heat to low and cook, covered, 20 minutes, stirring occasionally until grits are soft and creamy. Add half- and-half and cheese and stir until cheese melts. Serve hot. Yields 4 half-cup servings.

### FRIED GRITS

Prepare basic grits, after they are done pour them into an un-greased loaf pan. Let this cool until the grits are firm, usually 30 minutes or more. Turn the pan over so the grits loaf slides out, slice about ½ inch thick. Mix some flour, salt and pepper together on a plate and dip the grits slices (both sides) in the flour mixture. Put a quarter inch of oil in a skillet, and fry the slices on medium high heat for about 5 minutes until golden brown. Turn over and brown the other side.

### SAUSAGE FRIED GRITS

Prepare basic grits and set aside. Cook some sausage, breaking it up into small pieces. Drain the fat and stir the sausage into the grits. Beat an egg and add it to the grits mixture. Pour into a loaf pan and put it in the refrigerator until firm. Turn out the grits and prepare as fried grits.

### JALAPENO GRITS

To your basic grits add 1½ cups of shredded cheese, 3 tablespoons butter, 2 beaten eggs, chopped jalapeno pepper to taste (start with 2 tablespoons), salt and pepper to taste. Pour into a greased baking dish, bake at 350 degrees for about 30 minutes. Top will be lightly browned.

### SHRIMP AND GRITS

Use clean, de-veined shrimp, sauté in skillet with 2 tablespoons butter, garlic salt or Cajun seasoning to taste for 3-5 minutes until shrimp is firm, do not over cook. Serve over basic grits or easy cheese grits. Garnish with diced tomatoes and crumpled bacon.

### ALOHA GRITS

Like sweet grits? Try this recipe. Prepare basic grits, stir in ¼ cup milk or cream, 4 tablespoons brown sugar, ¼ cup pineapple juice, stir together pour into a greased baking dish. Sprinkle top with shredded coconut, crushed macadamia nuts and ginger. Bake at 350 ° for about 30 minutes.

THESE GRITS WERE MILLED IN A FACILITY THAT ALSO PROCESSES WHEAT PRODUCTS.

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