

THYME & TEMP

SIMPLE YELLOW CORN GRITS

4 SERVINGS

1.5 HOURS

INGREDIENTS

1 cup of Course Ground Yellow Grits

2.5 Cups (to start) of Spring Water

1 tbsp of sea salt

3 tbsp of unsalted butter

1 tsp of fresh ground black pepper

INSTRUCTIONS

Place grits in a medium sized heavy-bottomed saucepan and pour in the water letting them soak for approximately a minute or two. Once the grits have settled, you can skim the top of any bits floating at the top of the water.

Set the pan over medium high heat and stir consistently until the mixture starts to simmer. This will take about 6-8 minutes. At this point, cover the pan and reduce the heat to the lowest setting. You're now in for the long haul of checking on them every 20-30 minutes. In a separate pan, keep roughly 2-2.5 cups of water over a low heat so that it's hot and ready to add to the grits each time you stir the grits and they can hold the spoon upright. When that happens, add about 1.5 cups of hot water to the grits and stir, recover, and check again in 20-30 minutes to repeat the cycle. You'll want to keep adding water to the reserve as well. This will go on for 4-5 rounds. Add salt about midway through.

When the grits are soft and creamy, add butter and stir until thoroughly melted and mixed. Finish off with the pepper.

Sourced from Anson Mills

