



CAROLINA GRITS INSTRUCTIONS

- STEP ONE** Combine water, salt, and butter in a sauce pan and bring to a boil.
- STEP TWO** Slowly stir in grits and return to a boil.
- STEP THREE** Cover pot and reduce to a simmer, cooking slowly for 20-30 minutes or until desired tenderness. Note: the longer the grits cook the creamier the result!
- STEP FOUR** Finish by stirring in milk or cream. Add salt, pepper, and butter to taste.

INGREDIENTS

- 3 cups* **WATER** (can substitute stock for added flavor)
- 1 teaspoon* **SALT**
- 1 tablespoon* **BUTTER**
- 1 cup* **GRITS**
- 1/2 cup* **CREAM OR WHOLE MILK**