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This recipe courtesy of Chef Joe Randall, Savannah GA

CREAMY GRITS

This southern favorite becomes the base for Chef Joe's Shrimp & Grits. The heavy cream makes these grits wonderful. Grits are a staple at southern breakfast tables, but they make an excellent accompaniment to seafood and poultry as well.

4 cups	Water
1 Tsp	Salt
½ Tsp	White Pepper
¼ cup	Butter (1/2 stick)
1 cup	Stone-ground or quick grits
¼ cup	Heavy cream

Bring water, salt, pepper and butter to a boil in a saucepan. Then gradually stir in grits. Cover and cook over medium heat for 30 to 40 minutes (or according to the directions on the packaging) Stir occasionally. Add cream and cook over medium heat for 5 to 6 minutes longer, being careful not to burn. Serve hot.

You can contact Chef Joe at Chef Joe Randall's Cooking School at 912 303-0409 or visit his website at www.ChefJoeRandall.com