



CHEESY GRITS WITH SCALLION

Ingredients

Water, milk, or stock

Butter or oil

Salt

Seasonings as desired

Grits (coarsely ground cornmeal)

Scallion

Cheddar cheese, or another cheese you prefer

THIS SUPER FLEXIBLE DISH IS A GREAT BASE FOR BREAKFAST. SERVE IT WITH BACON; SAUSAGE; FRIED EGGS; SAUTÉED MUSHROOMS; WILTED GREENS; ROASTED TOMATOES; OR ANYTHING ELSE THAT PLEASURES YOU.

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THE USUAL RATIO OF WATER TO GRITS IS AROUND 4 TO 1. WHEN I'M COOKING OVER A FIRE, UNLESS I'LL BE WATCHING THE GRITS LIKE A HAWK, I USE JUST A LITTLE EXTRA LIQUID.

Directions

1. In a saucepan, combine the cooking liquid of your choice with a couple tablespoons of fat, and a sprinkling of salt. Bring it to a simmer over the fire.
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2. Whisk in the grits (if you don't have a whisk, use a fork), and add any spices or seasonings that you'd like.
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3. Simmer until the mixture is smooth and cooked through. When you sample a spoonful, the texture should be pleasing, and not at all gritty.
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4. Meanwhile, slice the scallion. I like to use both the white and the green parts.
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5. While the grits are cooking, you can also grate or slice the cheese.
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6. After you remove the grits from the heat, stir in the cheese and the scallions. Season with salt and pepper to taste.