



# Cooking With Kalota

## Carolina Grits

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I first had these grits in South Carolina at Sean Brock's infamous 'Husk'. I didn't know grits could make me cry, but these did. The devils in the corn and Chef Brock's passion for heirloom corn seeds, once lost to the south, shine through. Whenever you can, try to get local and freshly ground grits. It makes a huge difference. Grits can be eaten for breakfast, lunch, and dinner! Pair them with your favorite protein, share them as a side dish, or cuddle up with a mug of them on a cold winter day. Grits = love.

### Ingredients:

- 4 ½ cup water (preferably filtered)
- 1 cup grits
- 1 bay leaf
- 1 tbsp. kosher salt
- ½ tsp. ground white pepper
- 2 tbsp. butter
- 1 tbsp. fresh lemon juice
- 1 ½ tsp. hot sauce

### Directions:

1. Combine grits and water in a container, cover, and put in the fridge overnight or at least up to 8 hours.
2. Carefully remove the grits from the fridge. Skim off any hulls from the surface of the water (careful not to disturb the grits underneath!).
3. Transfer the grits (AND their soaking water, do not drain!) into a saucepot and bring to a boil over medium heat. Stir pretty continually with a rubber scraper to ensure grits to not stick to sides of the pot.
4. Once the grits start to thicken after a couple minutes, remove from the stove and let the grits relax, covered, for 10 minutes.
5. Uncover the grits, add the bay leaf, and cook on low heat until the grits are soft and tender and to your texture liking.

Remove from the heat, discard the bay leaf, and add the salt, pepper, butter, lemon juice, and hot sauce.

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