

Grits and Biscuits

Grits

Serves 4

Ingredients

- 2 cups stone ground grits*
- 2 cups milk
- 4 cups water
- 1 stick butter
- ¼ tsp salt

Instructions

1. In a medium pot or saucepan, bring the milk, water, and salt up to a soft boil.
2. Slowly add in the grits while stirring. Keep on gently stirring the grits while it cooks for about 20 minutes. All the liquid will be absorbed, and the grits will get nice and creamy.
3. Add the stick of butter to the grits and stir for 5 more minutes.
4. Remove pot from the stove and let the grits rest for 5 minutes.
5. Now, it's ready to be eaten with any toppings you want.

You can have grits with a lot of different toppings, such as fried eggs, bacon, or cheese for a savory flavor. You can have it sweetened with jam, brown sugar, maple syrup, or honey.

*Personally, I like the Palmetto Farms brand. House Autry is another common brand that's good.

Shrimp topping

- ½ tablespoon vegetable or olive oil
- 1 green bell pepper, diced
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 teaspoon Cajun seasoning
- 1 chipotle pepper in adobo sauce, chopped (optional)
- 1 14.5 oz can of fire roasted tomatoes (diced tomatoes works, too)
- 1 lb shrimp, peeled and deveined
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 scallion/green onion, thinly sliced

Instructions for shrimp topping

1. Dice the bell pepper and onion. Mince the garlic. If you're using chipotle pepper, roughly chop it. Set everything aside.
2. Heat up oil in a large pan on medium high heat. Add the bell pepper and onion and sauté until the onion softens, about 3 minutes. Then add the garlic and sauté for about a minute.
3. Stir in 2 teaspoon of Cajun seasoning and the chopped chipotle pepper.
4. Add the fire roasted tomatoes. Reduce heat, cover, and simmer for 15 minutes.
5. Add in the shrimp and bring the heat up to medium. Cook for about 5 minutes or until the shrimp is cooked through.
6. Taste the sauce and add salt and pepper, if needed. Depending on the brand of Cajun seasoning you use, you might need less than ¼ teaspoon of salt because most seasoning includes salt.
7. Spoon the shrimp and sauce over a bowl of grits and garnish with the sliced scallion.

Biscuits

Recipe adapted from Sugar Spun Run - <https://sugarspunrun.com/easy-homemade-biscuits/>

Ingredients

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon granulated sugar
- 1 teaspoon salt
- 6 tablespoons unsalted butter very cold
- $\frac{3}{4}$ cup whole milk

Optional tools

- Box grater
- Biscuit cutter or mason jar lid

Instructions

1. For best results, chill your butter in the freezer for 10-20 minutes before beginning this recipe. It's ideal that the butter is very cold for light, flaky, buttery biscuits.
2. Preheat oven to 425F and line a cookie sheet with nonstick parchment paper. Set aside.
3. Combine flour, baking powder, sugar, and salt in a large bowl and mix well. Set aside.
4. Remove your butter from the refrigerator and either cut it into your flour mixture using a pastry cutter or (preferred) use a box grater to shred the butter into small pieces and then add to the flour mixture and stir. If you don't have a pastry cutter or box grater, simply use a knife to cut your butter into small pieces and mix them with the flour using your fingertips.
5. Cut the butter or use a fork to combine the grated butter until the mixture resembles coarse crumbs.
6. Add milk, use a wooden spoon or spatula to stir until combined (don't over-work the dough).
7. Transfer your biscuit dough to a well-floured surface and use your hands to gently work the dough together. If the dough is too sticky, add flour until it is manageable.
8. Once the dough is cohesive, fold in half over itself and use your hands to gently flatten layers together. Rotate the dough 90 degrees and fold in half again, repeating this step 5-6 times but taking care to not overwork the dough.
9. Use your hands (do not use a rolling pin) to flatten the dough to 1" thick and lightly dust a 2 $\frac{3}{4}$ " round biscuit cutter or mason jar lid with flour.
10. Making close cuts, press the biscuit cutter/jar lid straight down into the dough and drop the biscuit onto your prepared baking sheet. Alternatively, you can cut them dough into 2.5"x2.5" squares.
11. Repeat until you have gotten as many biscuits as possible and place less than $\frac{1}{2}$ " apart on baking sheet.
12. Once you have gotten as many biscuits as possible out of the dough, gently re-work the dough to get out another biscuit or two until you have at least 6 biscuits.
13. Bake on 425F for 12 minutes or until tops are beginning to just turn lightly golden brown.
14. If desired, brush with melted salted butter immediately after removing from oven. Serve warm by itself or with fruit jam or honey.