



CHEESY GRITS/POLENTA

Serves 3-4

Cheesy Grits/Polenta

3 cups	Whole Milk
3 cups	Water or Stock
1 ½ cup	Medium Grind Cornmeal
6 Tbsp	Butter, softened
6 oz	Cheddar or Parmesan Cheese, shredded
To Taste	Salt & Pepper

Equipment

- Sauce pot
- Whisk

1. In a sauce pot over med-high heat, bring milk, water/stock, and a couple pinches of salt to a boil. Whisk in cornmeal slowly, decrease the heat to low, and cover. Remove the lid to whisk every few minutes, for the next 10-20 minutes, until mixture is creamy and to desired doneness.
2. Remove from heat. Whisk in butter until melted. Whisk in cheese a handful at a time until well incorporated. Season with salt and pepper.