

# CHEF RYAN'S CREAMY HERITAGE CORN GRITS

SERVES: 4

PREP TIME: 5 mins

COOK TIME: 18-20 mins

## INGREDIENTS

- 1 cup Blue Clarage or Jimmy Red Corn Grits
- 3 cups water
- 1/4 lb unsalted butter (1 stick)
- 1/4 cup Spanish Paprika
- 1/2 tbsp garlic powder
- 1/2 cup heavy cream or whole milk
- Salt and pepper to taste



- Visit [www.localmillers.com](http://www.localmillers.com) for more recipes using heritage corn grits

## DIRECTIONS

In a saucepan or pot bring water, butter, and seasonings to a rolling boil.

Once boiling, slowly pour the grits into the pot while quickly whisking the water so the grits don't clump.

Keep whisking until the mixture is thoroughly incorporated.

Allow the grits to boil for about 8 minutes.

Turn off the heat and let it set for another 10 minutes.

Bring heavy cream or whole milk to a simmer and whisk into the grits.

Add more cream or milk for desired creaminess.

Salt and pepper to taste.

Serve with sauteed shrimp for a classic shrimp and grits dinner. Can also be enjoyed with sauteed vegetables or other seafood/ meats. We love sausage with onions and peppers over grits.

## MEET THE CHEF

Chef Ryan is the Executive Chef at Alqueria Farmhouse Kitchen in Columbus, Ohio. He trained under Chefs Jacob Hough and Patrick Maker at Barcelona Restaurant and Alqueria. His focus is to use fresh, local, and seasonal ingredients to produce rustic new American, Spanish, and French inspired dishes. He graduated from Bradford Culinary Institute in Columbus. Some of his favorite dishes are shrimp and grits, braised short ribs with seasonal veggies, and pork chops with apple chutney.



## MEET THE GRAINS

Blue Clarage and Jimmy Red are heritage corn varieties that are open pollinated dent corns. Open pollination means that the flowers are fertilized by nature- birds, bats, moths, bees, and even rain and wind. Dent corn got its name because it is high in starch and gets a small indentation at the crown of each kernel as it dries. Blue Clarage corn dates back to 1920 and was extensively grown in central Ohio between the 1930s and 1950s. It has a sweet flavor and makes an excellent cornmeal. Jimmy Red has a more mysterious past rooted in Blue Indian Corn. Jimmy Red is very high in brinks (sugar) which historically led its way to the whiskey/moonshine business and also makes it a fantastic eating corn.

