

Selena + ADRIENNE CHEATHAM

EPISODE 6

INGREDIENTS

1 cup white stone-ground grits

3 cups water

1 cup milk, plus more for adjusting consistency after cooking

1 tsp salt

½ cup grated parmesan cheese

2 tbsp butter

Freshly ground black pepper



PARMESAN GRITS

DIRECTIONS:

1. Combine water and milk in a medium-sized pot, and bring to a simmer. Whisk while slowly pouring in the grits to prevent lumps. When stirring, make sure to scrape the bottom and corners of the pot to make sure they are not sticking and clumping. and creamy. If they are still a little al dente, continue cooking on low-low heat, and add a little more water or milk.
2. Reduce heat as low as possible and continue cooking, stirring occasionally with a wooden spoon for about 30 minutes.
3. Add the salt and parmesan, taste, and add a little more salt if needed. Also check the tenderness of the grits, they should be smooth
4. Stir in the butter and a little black pepper at the end. Keep warm until ready to serve.