



Sugar Apple

Posts From The Caribbean

Cheesy Grits Casserole

This workhorse of a casserole can be served for breakfast, lunch or dinner. I like to serve it to guests at Sunday brunch. Leftovers nuke up admirably and if you add a sausage biscuit and a slice of homegrown tomato, you've got one of my favorite breakfasts. If you want to serve the casserole for breakfast or brunch, you can put it together the evening before and refrigerate it overnight, unbaked. Just take it out of the refrigerator 20 minutes before you need to put it in the oven to take off the chill before it goes into the oven.

1 cup uncooked grits
1/2 pound good quality cheddar cheese
4 tablespoons butter (1/2 stick)
1 small can chopped green chiles, drained (optional)
2 cloves garlic, peeled and minced
A few dashes of Tabasco sauce
2 teaspoons kosher salt
1/2 teaspoon black pepper
2 large eggs, beaten

Preheat the oven to 350° and butter a 9-inch casserole dish.

Cook the grits according to directions on the package. The usual proportion of grits to water is 1 part grits to 4 parts water, so 1 cup of grits would need to be cooked in 4 cups of water. You can substitute milk or cream for 1/2 cup of the water if you want your grits extra creamy. If you're using stone-ground grits you might need a little more liquid, but make sure your grits aren't watery or the casserole will be too wet. I know this from experience.

When your grits are cooked, add the rest of the ingredients except the eggs to the grits. Mix it all together and then taste for seasoning. There are few things sadder than underseasoned grits. When the grits are seasoned to your liking, stir in the beaten eggs. Pour the grits into the buttered casserole and bake at 350° for 45 minutes to 1 hour, until the top is golden brown in spots and the casserole has firmed up. Let the grits stand for 5 minutes before serving. *Serves about 6 grits-loving Southerners or 8 regular people.*

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