



THE ingles TABLE

Chef Lu
Jalapeno & Cheddar Grit Cakes

Shopping List

- ½ c Butter
- ½ Jalapeno Small Diced
- ¼ Yellow Onion Small Diced
- 2 Cloves Garlic, Minced
- ½ Red Bell Pepper Small Diced
- ¼ tsp Cumin
- 3 C Vegetable Broth
- 1 C Stone Ground Grits
- ½ C Cheddar Cheese
- Salt & Pepper to Taste
- 3 C Canola Oil for Frying

Cooking Instructions

1) In sauce pot, melt butter. Saute onions, peppers, garlic & cumin. Once soft, add vegetable broth. Bring to boil. Stir in grits. Cook grits till thick. Add cheddar cheese & stir till melted.

2) Pour grits into greased sheet pan, Allow to cool & cut into desired shapes. Pre heat oil in cast iron skillet. Dredge grit cakes in corn starch. Carefully place in hot oil fry till golden brown. Serve warm with BBQ Shrimp if desired.



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