



Cheese Grits with Morel Ragout

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 slices bacon
- 4 ounces cheddar cheese extra-sharp grated
- 1 tablespoon flour all-purpose
- 1 garlic clove minced
- 1 large leek white green halved lengthwise thinly sliced
- 0.5 cup milk
- 2 ounces morels dried
- 6 servings pepper freshly ground
- 6 servings salt

- 6 servings salt and pepper freshly ground
- 3 scallions finely chopped
- 1 tablespoon butter unsalted
- 2 tablespoons butter unsalted softened
- 2.5 cups water boiling
- 6.5 cups water
- 1.5 cups whole-grain grits stone-ground (see Note)

Equipment

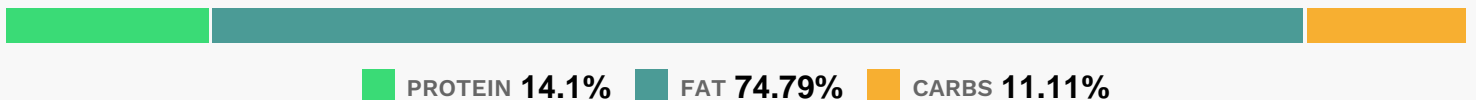
- bowl
- frying pan
- paper towels
- sauce pan
- whisk

Directions

- MAKE THE RAGOUT:** In a large heatproof bowl, soak the morels in the boiling water until softened, about 25 minutes. Rub them to remove any grit, then lift them out.
- Let the soaking liquid stand for 5 minutes so the grit falls to the bottom.
- Pour off the liquid, leaving any grit behind, and reserve.
- In a medium saucepan, cook the bacon over moderate heat until crisp, 8 to 10 minutes.
- Drain on paper towels, then coarsely crumble the bacon and set aside.
- Drain off all but 1 teaspoon of the bacon fat and add 1 tablespoon of the butter to the saucepan.
- Add the leek and cook over low heat, stirring often, until softened but not browned, about 8 minutes.
- Add the morels and garlic and cook over moderate heat, stirring, until fragrant, about 2 minutes.
- Add the reserved morel soaking liquid, cover and simmer over low heat until the morels are tender, about 10 minutes.

- Meanwhile, in a small bowl, blend the flour with the remaining 1 tablespoon of butter to make a paste. Uncover the saucepan and add the paste, stirring, until blended. Simmer the ragout over low heat, stirring occasionally, until the sauce has thickened, about 4 minutes. Stir in 2/3 of the chopped scallions. Season with salt and pepper.
- Remove the pan from the heat.
- MAKE THE GRITS: In a large saucepan, bring the water to a boil.
- Add the grits and 1/2 teaspoon of salt, stir well and bring to a simmer.
- Whisk the grits and cover. Simmer over low heat, whisking often and vigorously, until the grits are thick, creamy and tender but still slightly chewy, about 1 hour. Stir in the milk and butter and season with salt and pepper.
- Add the cheese and stir until melted.
- Serve the grits in individual bowls, spoon the ragout on top and garnish with the remaining chopped scallion and the crumbled bacon.
- Make Ahead: The recipe can be prepared through Step 3 and refrigerated for up to 2 days. Reheat the morel ragout and season with salt and pepper before serving.
- Wine Recommendation: This earthy ragout with creamy grits requires a red with the intensity to contrast the double-barreled richness. Go for a Barbaresco from Italy, such as the 1995 Prunotto or the 1993 Vietti.
- Notes: Freshly stone-ground grits can be ordered through Hoppin' John's (800-828-4412).

Nutrition Facts



Properties

Glycemic Index: 49.67, Glycemic Load: 1.98, Inflammation Score: -5, Nutrition Score: 7.8143479098444%

Flavonoids

Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 204.81kcal (10.24%), Fat: 17.25g (26.54%), Saturated Fat: 9.08g (56.77%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 5.01g (1.82%), Sugar: 1.83g (2.03%), Cholesterol: 43.65mg (14.55%), Sodium: 616.29mg (26.8%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.32g (14.63%), Vitamin K: 20.57µg (19.59%), Calcium: 190.42mg (19.04%), Phosphorus: 152.63mg (15.26%), Vitamin A: 709IU (14.18%), Selenium: 8.91µg (12.73%), Iron: 1.71mg (9.49%), Vitamin B2: 0.16mg (9.31%), Manganese: 0.17mg (8.56%), Zinc: 1.2mg (7.99%), Copper: 0.16mg (7.79%), Vitamin D: 0.97µg (6.45%), Vitamin B12: 0.38µg (6.28%), Vitamin B6: 0.11mg (5.65%), Folate: 20.68µg (5.17%), Vitamin B1: 0.08mg (5.15%), Magnesium: 20.28mg (5.07%), Potassium: 155.36mg (4.44%), Vitamin B3: 0.86mg (4.29%), Vitamin C: 3.06mg (3.71%), Vitamin E: 0.53mg (3.56%), Fiber: 0.76g (3.03%), Vitamin B5: 0.3mg (2.99%)