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# Smoked Gouda Grits

Tarla Fallgatter cooking class, 2018



## Servings: 6

1. Bring milk, salt and water to a boil in a large pan over medium high heat. Gradually whisk in grits until smooth.
2. Reduce heat to low, cover and cook, whisking frequently, until creamy but still with some bite, 20-25 minutes. Remove from heat and whisk in butter and cheese. Season with salt and pepper to taste. Serve topped with Italian parsley.

- 1 1/4 cups whole milk
- 1 1/4 cups water
- 1 teaspoon kosher salt
- 1/2 cup grits, coarse ground (NOT instant)
- 2 tablespoons unsalted butter, cut into pieces
- 3 ounces gouda cheese, smoked or regular
- kosher salt and freshly ground black pepper to taste
- 2 tablespoons Italian parsley, chopped

*Per Serving (excluding unknown items): 164 Calories; 10g Fat (52.5% calories from fat); 6g Protein; 13g Carbohydrate; trace Dietary Fiber; 33mg Cholesterol; 457mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**