

Creamy Bloody Butcher Grits

An heirloom variety that has been grown in Appalachia since at least as early as the mid-1800s, its exact origins are unknown, but it was also grown in Tennessee, West Virginia, and North Carolina. Small family farms have been diligently saving its seed generation after generation. It is prized for its distinctive beautiful color and unique flavor.

4 cups water

1 cup Bloody Butcher grits (110 g)

5 tablespoons unsalted butter (71g)

2 ½ teaspoons salt

¼ cup heavy cream

½ teaspoon freshly ground black pepper

⅛ teaspoon freshly grated nutmeg

1. Bring water to a boil in a heavy bottomed medium saucepan.
2. Add salt and stir in grits.
3. Reduce heat to low and cook for 30 min, stirring every 5 minutes so the bottom doesn't scorch.
4. Stir in cream, pepper, and nutmeg, cook for 5 more minutes, stirring occasionally.
5. Add butter and adjust seasonings as needed.
6. Stir to combine and serve.

Suggested alterations:

Add ½ cup chopped fresh herbs (chives, parsley, thyme) at the end with the butter.

Add 1 cup shredded sharp cheddar, Gruyère or Gouda at the end in place of the butter.

Top with a fried egg.

Top with braised pork or beef.

To make vegan: substitute 2 tablespoons of oat milk for the cream and an equal amount of plant-based butter for regular butter.