



### Delta Blues Rice Grits

Delta Blues Rice Grits are a delicious and versatile byproduct of the rice milling process. Traditionally known as “middlins,” rice grits are actually broken pieces of rice. The broken pieces cook up creamy with a texture that is perfect for sauces. Grits can also be cooked as a risotto or eaten plain with butter, salt, and pepper.



### Ingredients

Serves 4

- ◆ 4 cups chicken broth – preferably homemade, divided
- ◆ 1 cup of Delta Rice Grits
- ◆ 1 lb. asparagus, broken at the point of tenderness to remove tough ends, and then each stalk cut into 1.5” pieces
- ◆ Coarse sea salt
- ◆ 2 Tbs. olive oil
- ◆ 3 Tbs. unsalted butter, divided
- ◆ ½ of a medium red onion, diced
- ◆ ½ cup dry white wine
- ◆ ½ cup (heaping) grated Pecorino Romano cheese

### Instructions

1. Combine 2 cups of broth and 1 cup of Delta Rice Grits in a saucepan. Bring to a boil. Cover and reduce to a simmer for 18 minutes. Remove from heat and uncover. It’s normal to have some liquid left.
2. Meanwhile, in a small saucepan bring half of the asparagus stems to a boil in salted water. Reduce heat and simmer uncovered for 5 minutes until fork tender. Drain quickly and place in an ice bath to stop the cooking. Drain and place in a food processor. Pulse to a puree. Add a tablespoon or two of cold water to smooth out puree.
3. At the same time, melt 1 Tbs. of unsalted butter in 2 Tbs. of olive oil. Add diced red onion and cook about 5 minutes until softened on medium low heat. Raise heat to medium-high and add white wine. Simmer until almost evaporated.
4. Add 2 cups of chicken broth and remaining asparagus. Saute for 4 – 5 minutes just until the asparagus is crisp tender.
5. Add the cooked Delta Rice Grits and the asparagus puree and simmer for about 2 minutes while stirring and mixing together. Remove from heat and add 2 Tbs. butter (cut into small chunks) and the heaping ½ cup of Pecorino Romano cheese. Stir vigorously to combine, season with fresh cracked pepper, garnish with basil if you wish, and serve with LOVE!

### Notes