

Grits with Corn & Vidalia Onion

Serves 4-6

From "Bon Appetit, Y'all," by Virginia Willis (Ten Speed Press, \$32.50). When we tested this dish at The Chronicle, the milk curdled slightly when poured into the onion and corn mixture. We continued with the recipe and the results were successful.

- 1 tablespoon canola oil
- 1 onion, preferably Vidalia, grated
- Scraped kernels from 2 ears fresh sweet corn (about 1 cup)
- 2 cups whole milk
- 2 cups water
- Coarse salt and freshly ground pepper
- 1 cup stone-ground or coarse-ground grits
- 2 tablespoons unsalted butter
- $\frac{3}{4}$ cup grated Parmigiano-Reggiano cheese (about 3 ounces)
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh chives

Instructions: In a heavy-bottom saucepan, heat the oil over medium heat. Add the onion and cook, stirring, until transparent, about 2 minutes.

Add the corn and cook, stirring occasionally, until the kernels become soft, about 5 minutes.

Add the milk, water, and 1 teaspoon of the salt. Bring the mixture to a boil over high heat. Whisk in the grits, decrease the heat to low, and simmer, whisking occasionally, until the grits are creamy and thick, 45-60 minutes. Stir in the butter, cheese, parsley and chives. Taste and adjust for seasoning with salt and pepper.

Per serving: 285 calories, 11 g protein, 31 g carbohydrate, 13 g fat (7 g saturated), 31 mg cholesterol, 278 mg sodium, 2 g fiber.