



Nora Mill Granary
7107 South Main Street
Helen, GA 30545

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Grits Recipes

Nora Mill White Speckled Grits

Basic Grits
Low Country Shrimp & Grits
Baked Breakfast Grits



"Georgia Ice Cream"
White
Speckled Grits

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Basic Grits Recipe

- 1 Cup Nora Mill Grits
- 1 tsp. salt
- 3 Cups water, brought to a boil

Bring water and salt to a boil. Stir in Nora Mill Grits and return to boil. Then reduce to low heat, cover and simmer for 20-25 minutes, stirring occasionally. Add water as needed. Season with butter to taste (optional, but it's the true Southern way!).

VARIATIONS: Add 1/2 T. grated cheese, maple sugar, preserves, honey, maple syrup, brown sugar and cinnamon, bacon bits, jalapeño peppers or hot sauce.

FOR LEFTOVER GRITS: Pour into a glass and chill. The next day, slide them out, slice and fry them like mush for breakfast.

Low Country Shrimp & Grits

- | | |
|--|--|
| 3 Cups of cooked
Nora Mill Grits | 1 lb. shrimp (peeled
and deveined) OR |
| 4 T. butter | 1 lb. scallops |
| 1/4 Cup green onion
with stalks (chopped) | salt and freshly ground
pepper |

After cooking grits, heat butter on high in skillet (with lid) just until it browns. Add green onions and shrimp. Cook and stir for one minute. Add salt and pepper, cover and cook over medium heat, stirring occasionally, just until shrimp or scallops are cooked through and no longer pink or translucent.

For each serving, put a fist-sized mound of hot grits on plate or in a bowl. Top with shrimp and a little of the butter sauce. *Makes 3-4 servings.*





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Grits Recipes (continued)

✱ **Commercial Milled Grits vs. Stone Ground:**

Mass-produced grits are steamed to loosen the tough outer shell before the grains are dried, and the hull, bran and germ are removed, leaving a product somewhat lacking in nutritive content – not to mention taste.

Nora Mill Stone Ground Grits are stone ground from dried, hulled, locally grown corn kernels and always include the nutritious and flavorful germ of the corn. The germ is rich in niacin, iron and riboflavin.



Baked Breakfast Grits

- | | |
|---------------------------------|------------------------------------|
| 1/2 lb. pork sausage | 1/4 tsp. pepper |
| 1 Cup cooked
Nora Mill Grits | 1 Cup milk |
| 2 T. butter | 1/2 Cup cheddar
cheese (grated) |
| 2 T. flour | 4 eggs |

Preheat oven to 325° F. Brown and crumble sausage. Melt butter in a medium saucepan and stir in flour, pepper and milk. Cook on medium heat, stirring to thicken. Add cheese, stirring until melted. Add cooked sausage and 1/2 of the cheese sauce to the cooked grits. Pour into greased casserole dish. Make 4 indentations in grits with the back of a large spoon. Break one egg into each indentation. Bake for 13-18 minutes, or until the eggs are cooked through. Serve with remaining heated cheese sauce.

Serves 4.

Nutrition Facts

Serving Size: 1/4 cup, dry (1.4 oz)

Amount per Serving

Calories 130 Calories from Fat 20

	% Daily Value
Total Fat .5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrates 27 g	8%
Dietary Fiber 2 g	8%
Sugars 0 mg	0%
Protein 9 g	18%
Calcium 1%	Iron 20%
Potassium 3%	

INGREDIENTS: 100% pure stone ground white corn, with no additives or preservatives.

To maintain the flavor and nutritive qualities of whole grains, they should be kept in airtight containers in the refrigerator or freezer.

