



Good Old Grits Cookbook

Bill Neal, David Perry

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Think risotto or polenta, but funkier. Think texture, and the wholesome goodness and flavor of stone-ground corn. And think Cheese Grits Souffle, Blueberry Grits Muffins, Grits Pizza, and the quintessential dish that's been published in The New York Times: Shrimp and Grits. Bill Neal and David Perry love grits, and in this Passionate cookbook they export grits out of the Southern kitchen-and attempt to demystify the food that's fed a region since the Indians offered John Smith and his Virginia colony steaming bowls of "ustatahamen."

Beginning with Basic Boiled Grits, here are 60 delicious, easy-to-prepare recipes starring the Southern specialty available in supermarkets nationwide. Grits for breakfast: Cheese Grits and Fried Grits and of course Red-Eye Gravy. Grits on the side: Corn-Grits Fritters and Jalapeno Grits Casserole. Grits in the main: Louisiana Meatballs and Grits, Eggplant Creole, and Grits, Shrimp, and Artichoke Casserole. Grits breads: Green Corn Spoonbread and Blueberry Grits Coffee Cake.

With grits sources, the history of grits, and a nutritional profile, *Good Old Grits* will enlighten any needs-to-be-convinced Northerner, and have us all agree with Roy Blount Jr.: "Life is good where grits are swallowed." A Selection of the Book-of-the-Month Club's HomeStyle Books. 36,000 copies in print.

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