



ANSON MILLS

Awendaw Spoonbread

Yield

6 to 8 side dish portions

Time

20 minutes active, plus 30 minutes to bake

Cooking Remarks

Because the grits in this recipe are cooked twice, once in the pot and once in the oven, they do not need to be soaked.

Equipment Mise en Place

For this recipe, you will need a digital kitchen scale; a heavy-bottomed 2½-quart saucepan (preferably one with flared sides called a Windsor pan); a fine tea strainer; a mixing bowl; a balloon whisk; a wooden spoon; a well-seasoned 9-inch cast-iron skillet, a heavy 9-inch cake pan, or a 1½-quart casserole dish; and a rubber spatula.

Ingredients

2 tablespoons unsalted butter, room temperature, plus additional for greasing the baking vessel
3 large eggs
3 ounces (½ cup) Anson Mills Medium Yellow Quick Grits or Medium White Quick Grits
2 cups spring or filtered water
1¼ teaspoons fine sea salt
½ teaspoon freshly ground black pepper
2 cups whole milk
5 ounces (1 cup) Anson Mills Fine Yellow Cornmeal or Fine White Cornmeal
1½ teaspoons baking powder
¼ cup heavy cream

Directions

1. Adjust an oven rack to the upper-middle position and heat the oven to 450 degrees. Grease a 9-inch cast-iron skillet, a 9-inch cake pan, or a 1½-quart casserole dish with butter and set aside. Crack the eggs into a mixing bowl, whisk them lightly, and set the bowl aside.
2. Place the grits in a heavy-bottomed 2½-quart saucepan (preferably one with flared sides called a Windsor pan) and add the water. Stir once. Allow the grits to settle a full minute, tilt the pan, and skim off and discard the chaff and hulls with a fine tea strainer. Set the pan over medium-high heat and bring to a simmer, stirring constantly with a wooden spoon, until the first starch takes hold, 5 to 8 minutes. Reduce the heat to low and cook, stirring frequently, until the grits are just tender and hold their shape on a spoon, about 25 minutes. Beat in the butter,

salt, and pepper, and then whisk in the milk in three additions. Cover the pan and bring the grits slurry to a simmer over medium-high heat, whisking frequently, quickly lifting and replacing the lid. Whisk in the cornmeal and remove the pan from the heat.

3. Ladle about a cup of the hot grits mixture into the beaten eggs and whisk to warm them. Pour the egg mixture back into the grits. Stir in the baking powder. Scrape the batter into the prepared skillet, cake pan, or casserole and smooth the surface. Spoon the cream over the top and bake 10 minutes. Lower the heat to 375 degrees and continue to bake until the spoonbread is nicely risen and golden brown, 15 to 20 minutes longer. Remove from the oven and serve without delay.