

SAVORY TRIPLE-CORN GRITS

Yield: 4 to 6 servings

Soundtrack: “Smash on tha System” by Ras K’dee from *Street Prison*

Peter Berley’s Triple-Corn Polenta with Seaweed and Carrots from his book *The Modern Vegetarian Kitchen* inspired this recipe.

2 large ears fresh sweet corn, kernels scraped
2 tablespoons extra-virgin olive oil
1 large onion, diced
1 teaspoon ground cumin
Coarse sea salt
2 cloves garlic, minced
1/2 cup cornmeal
1/2 cup stone-ground grits
4 cups water
1/2 cup **Creamed Cashews** (page 168)
Freshly ground white pepper

- Bring a large pot of salted water to a boil. Turn off the heat, add the corn, and let sit for 1 minute. Drain and set aside.
- In a medium-size sauté pan over medium heat, warm the olive oil and add the onion, cumin, and 1/2 teaspoon salt. Cook for about 7 minutes, stirring occasionally, until softened. Add the garlic and cook for 2 minutes more, or until the garlic has softened. Remove half of the onion mixture to a small bowl and set aside. Add the reserved corn and cook for an additional 2 minutes. Set aside.
- In a bowl, combine the cornmeal and grits and mix well. In a medium-size saucepan, combine 3 cups of the water and 1/2 teaspoon of salt and bring to a boil. Whisk the cornmeal and grits into the liquid until no lumps remain, return to a boil, then quickly reduce the heat to low, and simmer, stirring occasionally to prevent the grits from sticking to the bottom of the pan, until the grits have absorbed most of the liquid and are thickening, about 3 minutes. Stir in the remaining cup of water and simmer for another 10 minutes, stirring occasionally, until most of the liquid has been absorbed. Stir in the Creamed Cashews and the corn mixture, cover, and simmer, stirring frequently, until the grits are soft and fluffy, about 30 minutes.
- Season with salt and white pepper to taste. Garnish each serving with some of the reserved onion mixture.