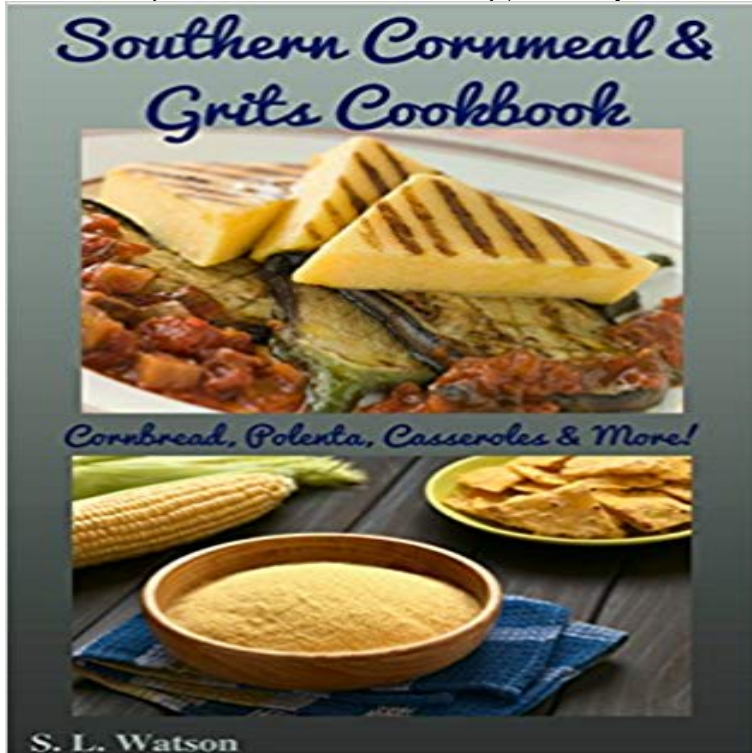


Southern Cornmeal & Grits Cookbook: Cornbread, Polenta, Casseroles & More! (Southern Cooking Recipes Book 30)



Cornmeal and grits are most famous for cornbread, shrimp and grits, polenta and hush puppies. Southern cooks use cornmeal and grits in a variety of recipes. Over 160 recipes for cornbread and muffins, hush puppies, polenta, main dishes and side dishes. Grits are not just for breakfast. A wide variety of dinners can be made with grits. Most recipes are quick to fix or can be made ahead. Cornmeal can be made into a pastry crust for savory pies, pizza crust or a quick sandwich bread. My family loves polenta. Included are our favorite polenta recipes. Use the basic polenta recipe and add toppings to the polenta you have on hand in the pantry or refrigerator. Fried or baked polenta slices are a wonderful way to use leftovers. Polenta can be made ahead and almost any topping is delicious with grits or polenta slices. Cornmeal and grits make budget friendly casseroles and main dishes. Beans or vegetables served over grits or hot fresh polenta is an economical and tasty way to serve cornmeal and grits.

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