



# TASTING TABLE

An exclusive recipe to accompany the story found at <http://TastingTable.com>

## Sweet Corn Grits

Recipe adapted from Craigie on Main

**Makes 6 servings**

- 4 cups whole milk
- 4 cardamom pods
- 1 vanilla bean, split lengthwise
- ½ cinnamon stick
- 1 pinch salt
- 3 tablespoons butter
- 1 cup white-corn grits, coarsely ground (preferably Anson-mills)
- Strawberry Compote (recipe follows)
- Vanilla or crème fraîche ice cream

1. In a medium saucepan, combine the milk, cardamom, vanilla bean, cinnamon and salt and bring to a simmer over medium heat. Transfer the warm-milk mixture to a bowl and let steep for 2 hours or refrigerate overnight.
2. Strain the milk mixture, discard the cardamom, vanilla bean and cinnamon stick and return to a saucepan. Reheat over low heat until warm.
3. Meanwhile, in a large, heavy-bottomed saucepan, melt the butter over medium heat until sizzling. Add the grits and stir until warmed through. Gradually stir in the milk mixture until incorporated. Cook the grits over medium heat, stirring occasionally, until they are creamy and tender, but not mushy, about 2 hours (they should be able to keep their shape on a spoon). Ladle the grits into bowls, top with strawberry compote and a scoop of ice cream. Serve immediately.

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## Strawberry Compote

Recipe adapted from Craigie on Main

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### Makes about 1 cup

- 1 pint strawberries, trimmed and sliced lengthwise
  - 2 cardamom pods
  - 1 tablespoon framboise liqueur
  - ¼ cup sugar (preferably vanilla sugar)
  - Zest of 1 lime
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Combine all of the ingredients in a saucepan over medium heat and simmer gently until the strawberries begin to release their juice. Remove from stove and let cool before using.