

Grits Cakes Recipe: A Crispy and Cheesy Southern Side Dish

4 cups of water or chicken broth



TIME
30 min

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INGREDIENTS

- 1 cup of stone-ground grits
- 4 cups of water or chicken broth
- 1 cup of shredded sharp cheddar cheese
- 1/2 cup of grated Parmesan cheese
- 1/4 cup of milk
- 2 tablespoons of butter
- Salt and pepper to taste
- 1 cup of all-purpose flour (for dredging)
- Vegetable oil (for frying)

DIRECTIONS

- Cook the Grits:** In a large pot, bring the water or chicken broth to a boil. Slowly whisk in the grits, reducing the heat to low. Stir frequently until the grits are thick and creamy, about 20-25 minutes.
- Add Cheese and Seasoning:** Once the grits are cooked, remove them from heat and stir in the butter, cheddar cheese, Parmesan cheese, milk, salt, and pepper. Mix until the cheeses are melted and well incorporated.
- Chill the Mixture:** Pour the cheesy grits into a greased baking dish and spread them evenly. Allow the mixture to cool to room temperature, then cover and refrigerate for at least 2 hours or until firm.
- Form the Cakes:** Once the grits are firm, cut them into squares or rounds. Dredge each piece in flour, shaking off any excess.
- Fry the Cakes:** In a large skillet, heat about 1/4 inch of vegetable oil over medium heat. Fry the grits cakes in batches until golden brown and crispy, about 3-4 minutes per side. Drain on paper towels.

TIPS FOR SUCCESS

Use Stone-Ground Grits: For the best flavor and texture, opt for stone-ground grits instead of instant or quick-cooking varieties.

Experiment with Cheeses: Feel free to mix different cheeses like pepper jack for a spicy kick or gouda for a smoky flavor.

Make Them Mini: For appetizers, cut the grits into smaller rounds and serve them as bite-sized treats.

Herb Infusion: Add fresh herbs like chives or parsley to the grits mixture for an extra layer of flavor.

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