



Century
Federal Credit Union

Recipes for Success

Creamy Grits & Poached Egg

Jen, Marketing Director

Ingredients

- 1 stick of butter
- 2 cups of water
- 1 cup grits (not quick cooking)
- 1 cup of milk
- Salt & pepper to taste
- Eggs, 1 per person



Directions

1. Over medium heat, melt butter. Add in water, stir and bring to boil.
2. Add grits and still to break up any lumps. Bring back to a boil and then simmer grits for 20 minutes over low/medium heat stirring every couple minutes to prevent sticking.
3. Add in milk, salt and pepper and cook another 5-10 minutes. Continue to stir every couple minutes.
4. In a separate pan, fill pan 3/4 of the way with water and bring to a boil. Add 2-3 tablespoons of vinegar.
5. Gently place cracked eggs into the boiling water and cook 3-4 minutes at a boil. Using a slotted spoon remove eggs and place on dished out grits.