

**FRIED HOMINY GRITS**

**Yield** 100

**Portion** 3 Slices

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
164 cal	16 g	2 g	10 g	2 mg	107 mg	4 mg

**Ingredient**

WATER,BOILING  
 SALT  
 BUTTER  
 HOMINY GRITS,QUICK COOKING

**Weight**

33-1/2 lbs  
 7/8 oz  
 4 oz  
 4-1/2 lbs

**Measure**

4 gal  
 1 tbsp  
 1/2 cup  
 3 qts 1-1/8 cup

**Issue**

**Method**

- 1 Add salt and butter or margarine to boiling water.
- 2 Add grits gradually while stirring to prevent lumping. Bring to a boil; reduce heat; cover and cook 5 minutes. Stir occasionally.
- 3 Pour hot cooked grits into bread pans or in 3 steam table pans; cover and refrigerate several hours or overnight. Cut cold grits lengthwise into 3 equal strips; cut each into 1/2-inch thick slices. If slices are moist, dip in flour; fry on 400 F. preheated well-greased griddle until lightly browned, about 8 minutes per side.