

# KETNER'S MILL

No preservatives are added to our products.  
Store in refrigerator or freezer.

## Basic Grits

Place one cup of stone-ground grits in a bowl, cover with 2 cups of water, stir. The light bran will rise to the top. Carefully pour off the water and light bran reserving the grits in the bowl. Rinse again if desired.

In a heavy-bottomed saucepan bring 2 cups of water, 1/2 teaspoon of salt and 1 table spoon of butter to a boil. Stir in the grits. Boil for 1 minute then reduce the heat to low and simmer, covered, about 20 minutes. Stir occasionally until grits are thick and creamy. If too thick, add a little more water or some milk or cream. Serve hot, makes about four 1/2 cup servings.