

## Celeriac Rice Grits

Serves 6-8 | 15 minutes prep + 40 minutes cook time

Rice grits, sometimes called broken rice or middlins, consist of the grains broken during milling. A poor peoples' food for millennia in Asia, it's more recent history here in America is interwoven with slavery. Enslaved rice growers from Africa created the lucrative Carolina rice trade, enslaved people pounded the grains to polish them for sale, and enslaved people ate the broken rice deemed unfit for sale.

Rice grits cook up to a creamy consistency similar to grits, and like many of the cast-off foods poor people were forced to subsist on and make delicious, eventually became desirable. Today's rice grits come from whole grains broken on purpose.

The clean taste of Carolina Gold rice grits offer a canvas for gravies and sauces of any kind. I wanted to add flavor with celeriac, one of my favorite vegetables, and, inspired by a technique from a Seattle restaurant, cooked the grits and root vegetable together in a savory broth.

**1½ cups Carolina Gold rice grits**

**1 2-3 lb celeriac, peeled and grated**

**4 cups chicken or vegetable broth**

**Hot water, as needed**

**1 teaspoon RGF kosher sea salt**

**2oz Parmigiano Reggiano, grated**

**2 tablespoons extra virgin olive oil**

**Step 1** Combine the rice grits, celeriac, and broth in a saucepan. Have another saucepan or kettle of hot water ready.

**Step 2** Bring the grits gently to a boil, stirring frequently and scraping the bottom of the pan with a wooden spoon. As the grits thicken, add more hot water ¼ cup at time, stirring and scraping with each addition. Continue to stir frequently.

**Step 3** Continue cooking, adding water as needed, until the rice is soft, 25-30 minutes. Remove from the heat and stir in the cheese and olive oil. Taste and add salt if needed.