

Grits & Grillades

Recipe shared by JoAnn Kellogg

INGREDIENTS

3 pounds beef cut about ½ inch thick, pounded to about ¼ inch thick, sliced in finger length strips (veal rounds, eye of round or other tender cuts you might like)

1 ½ tablespoons salt

1 teaspoon pepper

¾ cup bacon drippings

½ cup flour

2 cups chopped sweet onions

¾ cup chopped celery

1 ½ cups chopped green peppers

3 cups chopped green onions

3 cloves garlic, minced

1 can diced tomatoes

1 teaspoon thyme

3 bay leaves

Tabasco to taste

Worcestershire sauce to taste

1 ½ cups chicken stock

¾ cup chopped parsley

DIRECTIONS

- Salt & pepper meat. In a heavy Dutch oven, brown meat in 4 tablespoons of the bacon drippings. Remove meat; keep covered and warm.
- Add remaining drippings and flour to Dutch oven, stirring constantly over low heat to make a chocolate brown roux. Add celery, peppers, onions and garlic. Sauté until limp. Add seasonings and stir in stock.
- Place meat in roux, cover and cook slowly about 1 hour. Remove bay leaves and stir in parsley. Serve piping hot, spooned over grits * with lots of gravy.

NOTE: Overnight refrigeration enhances the flavor of the sauce. If you think it looks too dry, add a little stock. FREEZES WELL.

* Cook grits according to package directions. If you like creamy grits, substitute milk for water.