



**RYKOFF SEXTON®**

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## **WHITE STONE GROUND GRITS**

*The rest of the U.S. is discovering what the South has known for generations: grits are delicious, healthy and amazingly versatile. We grind these grits the old-fashioned way – between granite stones – to preserve the healthy bran and germ and flavorful natural oils. But here’s something that might surprise you: traditional stone-ground grits still take less than 15 minutes to prepare, and they keep for several hours. Our White Stone Ground Grits are a chef’s best friend, and you can season and cook them countless ways.*

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### Product Attributes

- Made from premium U.S. Grade #1 corn
- 9-month shelf life

### Benefits

- Old-fashioned stone-grinding the whole kernel retains the natural oils and authentic corn flavor, as well as the nutrients
- Finely ground texture ensures smooth, creamy grits every time
- Quick and simple prep time, less than 15 minutes
- 4-hour hold time

### Insights

Menu penetration of grits has nearly doubled in the past nine years. Grits appear most on fine-dining menus (16.5% penetration). Grits are now on menus nationwide, but with twice the penetration in the South (12.3%) than anywhere else. Grits are also growing in all dayparts, but are most common for breakfast (14%).

### Menu It/Uses

Serve as a complement to beef, pork, seafood or chicken, or as a traditional Southern breakfast side, with eggs. Cook it, cool it and make grit cakes or patties and pan-sear both sides for additional crunch. Or add grits to cornbread muffins for additional texture.

### Ingredients

- White corn

### Cooking Instructions

Bring 4 cups of water and 1 tsp. of salt to a boil. Slowly stir in 1 cup of grits and cook covered on low heat for 8 minutes, stirring often. Remove from heat and keep covered for 2–3 minutes before serving. Season to taste.



Use our mobile app for nutritional and more information on this product.

A-Code	Product Description	Pack Size
7958994	White Stone Ground Grits	8/3 lb.

