

Elizabeth's Edible Experience

<http://elizabethsedibleexperience.blogspot.com/2013/01/foods-i-fancy.html>

Pigs in Poke

Adapted from Cooking Light November 2012

Ingredients

- 2 teaspoons butter
- 1 ounce andouille sausage, diced and skin removed
- 3 cups 2% reduced-fat milk
- 3/4 teaspoon salt, divided
- 1 cup uncooked stone-ground grits
- 1/2 teaspoon black pepper, divided
- 1/3 cup of shredded Gouda cheese
- 8 cups water
- 2 tablespoons white vinegar
- 4 large eggs
- 2 teaspoons chopped fresh parsley

Preparation

1. Melt butter in a small saucepan over medium-high heat. Add sausage; sauté 3 minutes, stirring occasionally. Stir in 3 cups milk and 1/2 teaspoon salt; bring to a boil. Add grits; reduce heat, and simmer for 20 minutes or until tender, stirring frequently. Remove from heat; stir in 1/4 teaspoon pepper and cheese.

2. Bring 8 cups water and vinegar to a simmer in a large saucepan. Crack each egg into a small bowl. Use the handle of a wooden spoon to spin the water into a little cyclone-like formation. Gently slide eggs into water; cook 3 minutes or until whites are just set. Remove eggs from water with a slotted spoon. Drain on a paper towel lined plate.

3. Divide grits evenly among 4 bowls. Top each serving with 1 poached egg; sprinkle eggs evenly with remaining 1/4 teaspoon salt, 1/4 teaspoon pepper, and parsley.