

Grillades and Grits

Ingredients:

- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon cayenne
- 4 or 5 cloves garlic, minced fine
- 1½ to 1¾ pounds veal cutlets (or scallopine), or thin beef round
- 2 tablespoons butter
- 1 tablespoon vegetable oil
- 1 medium to large onion, peeled and diced
- 2 stalks celery, diced fine
- 1 bell pepper, seeded and diced fine
- A 16 ounce can diced tomatoes
- 1¼ cups water
- 1 tablespoon vinegar
- 4 cups water
- 1 teaspoon salt
- 1 cup old-fashioned grits
- ½ stick butter, softened
- 1 egg

Instructions:

In a medium bowl toss together the salt, black pepper, cayenne, and minced garlic.

Cut the veal into about two inch squares, and pound them to one quarter inch thickness, pounding some of the garlic mixture into each piece.

Set the veal pieces on a platter, and heat the butter and oil over medium-high heat in a large, heavy skillet or Dutch oven.

When the skillet is hot and the butter has stopped foaming begin to brown the veal, in batches, about one minute per side. Only the edges will brown. Remove the pieces to a separate platter as they brown. Leave the fat in the skillet and reduce the heat to medium.

Add the onion, celery, and bell pepper to the fat in the skillet, adding more butter or oil if there is none. Sauté these vegetables until they are tender.

Return the browned veal to the skillet or pot, along with any liquid that has accumulated on the platter.

Add the diced tomatoes, undrained, along with the water and vinegar. Bring to a simmer, then reduce the heat to low, cover the pot or skillet, and simmer for one hour.

As the grillades near the end of their cooking, make the grits.

Bring the four cups of water to a boil in a large saucepan, then add the salt.

Stir in the grits, slowly, with a whisk or fork, then reduce the heat to low and simmer, covered, for about fifteen minutes or so, until the water is fully absorbed and the grits are cooked. Stir the grits about every five minutes or so. They will stick to the bottom of the pan, but will clean up easily.

When the grits are cooked, beat the egg and stir it into the cooked grits along with the soft butter.

Serve each plate with a portion of the grits, with the meat alongside, and the gravy over all.

Four to six servings

Milk Punch

Ingredients:

- 1½ ounces brandy or bourbon*
- 2 ounces whole milk
- 2 ounces heavy cream
- ¾ teaspoon confectioners' (powdered) sugar
- 1 drop vanilla extract
- 4 ounces cracked ice
- Freshly grated nutmeg

Place all of the ingredients except the nutmeg in a cocktail shaker. Shake for twenty to thirty seconds, then strain into a highball or double old-fashioned glass. Grate a little nutmeg over.

One drink

*omit brandy/bourbon for non-alcoholic punch

Submitted by: Brian Reid from St. George's Episcopal Church, New Orleans. Brian has contributed recipes that have appeared in The Times-Picayune and other local publications.