



I was introduced to this wonderful dish while I was living in Baton Rouge, LA and learning how to cook...Grillades (pronounced GREE-odds) and grits, is a traditional Louisiana brunch or breakfast dish, made with beef, grits, and vegetables. At the time I thought pot roast for breakfast... where are the eggs? But soon fell in love with the lifestyle and the food that was so interlaced with it. Traditional Louisiana and Cajun inspired recipes are some of my most favorite to prepare and eat. Joie de vivre!!

Grillades and Gouda Cheese Grits

4 pounds boneless beef, about ¼-inch thick, 2" squares
1 tablespoon salt
1 teaspoon cayenne
½ teaspoon black pepper
½ teaspoon garlic powder
½ cup all-purpose flour
½ cup vegetable oil
3 medium-size yellow onions, chopped
2 medium-size green bell peppers, chopped
3 ribs celery, chopped
3 cups whole canned tomatoes, crushed with their juice
2 cups beef stock
½ cup red wine
2 bay leaves
½ teaspoon dried tarragon leaves
½ teaspoon dried basil leaves
½ cup finely chopped green onions
3 tablespoons finely chopped fresh parsley leaves

Directions

Remove any fat from the beef. Cut into 2-inch squares. Combine the salt, cayenne, black pepper and garlic in a small bowl. Have the flour at hand.

Lay several pieces of the meat on a cutting board and sprinkle with the seasoning mix and a little of the flour. With a meat mallet, pound each piece of meat until slightly flattened. Flip the pieces over and repeat the process. Do this with the rest of the meat. In a large, heavy pot, heat the oil over medium-high heat. Add the meat, several pieces at a time and brown evenly on both sides. As the meat cooks,

transfer it to a platter. When all the meat is browned, return it to the pot. Add the onions, bell peppers and celery and cook, stirring, until the vegetables are soft and golden, eight to 10 minutes.

Add the tomatoes and their liquid and reduce the heat to medium-low. Add the broth, wine, bay leaves, tarragon and basil. Stir to mix and simmer uncovered, stirring occasionally. Cook until the meat is very tender, about 1 ½ hours. If the mixture becomes dry, add a little water or more broth. When ready to serve, add the green onions and parsley. Serve with baked gouda cheese grits.

Baked Gouda Cheese Grits

2 cups yellow grits, cooked according to package directions

3 large eggs, slightly beaten

½ pound grated smoked gouda cheese

1 cup milk

1 stick butter

Salt and freshly ground black pepper, to taste

After the grits are cooked, add the eggs, cheese, milk and butter and stir until all is blended and the cheese and butter are completely melted. Season with salt and pepper. Pour the mixture into a two-quart baking dish and bake at 350 degrees for about 45 minutes. Can you say Aaayeee!