

A Southern Breakfast

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-hominy-grits-recipe>

Ingredients:

- 1 cup all-purpose flour
- 1 cup cake flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 6 tablespoons unsalted butter chilled, plus more for serving
- 3/4 cup buttermilk
- 2 cups water
- 1 1/2 cups whole milk
- 3/4 cup hominy grits old-fashioned white, preferably stone-ground
- 1/2 teaspoon kosher salt
- 5 tablespoons unsalted butter
- 1 clove garlic minced
- 1 ham steak smoked, about 1 1/4 lb.
- 3/4 cup brewed coffee
- 1 teaspoon sugar
- 8 large eggs
- 1/3 cup heavy cream or whole milk
- 1/8 teaspoon freshly ground pepper
- 1/2 cup shredded sharp cheddar cheese

Nutrition:

1. Calories: 1080 calories
2. Carbohydrate: 87 grams
3. Cholesterol: 595 milligrams
4. Fat: 62 grams
5. Fiber: 3 grams
6. Protein: 41 grams
7. SaturatedFat: 34 grams

8. Sodium: 2070 milligrams
 9. Sugar: 9 grams
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