

# Seared Grit Cake and Succotash

BY CHEF NICK FISHKELLER

**PREP TIME:**

35 minutes

**COOK TIME:**

1 hour

**YIELD:**

6-8 servings

Vegan and Gluten Free

*"A beautifully simple dish made special with locally milled grits, and produce sourced from a local farmers market. For a stress free holiday prepare the Grit Cake and Stew Okra the evening before."*

## INGREDIENTS

### FOR THE GRIT CAKE

- 1 Cup Locally Milled Grits
- 4 Cups of Water
- Kosher Salt, to taste

### FOR THE STEWED OKRA

- 4 Cups of Okra
- 1 Onion, Small Diced
- 3 Cloves of Garlic, Thinly Sliced
- 1 TBSP Smoked Paprika
- 1/2 TSP Cayenne
- 1 TBSP Tomato Paste
- 1 Cup Crushed Roasted Tomato
- 1 TBSP Olive Oil
- 3 Bay Leaves

### FOR THE SUCCOTASH

- 1 Cup of Your Favorite Squash, Diced
- 1/2 Cup Green Beans, Cut into 1/4 Inch Pieces
- 1/2 Cup Cherry Tomatoes, Split
- 1 Cup Fresh Corn
- 1/4 Cup Dilly Beans, Cut into 1/4 Inch Pieces
- 1/2 Cup Vegetable Stock

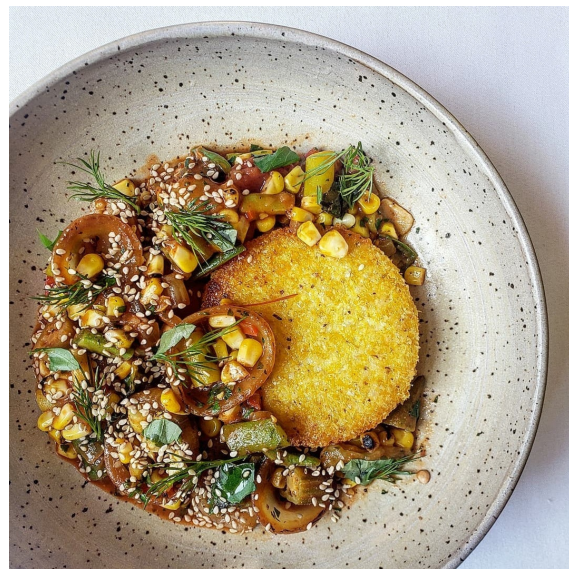
### FOR THE GARNISH

- Assorted hand-picked herbs such as Dill, Basil, Parsley, Oregano or Thyme
- Benne Seeds
- High Quality Olive Oil & Lemon Juice



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## INSTRUCTIONS

### FOR THE GRIT CAKE

1. Combine all ingredients in a pot. Cook on low heat stirring gently and frequently until thickened, 20-25 minutes. Pour into a parchment-lined baking tray at least 1 inch deep.
2. Refrigerate overnight or until completely set. Once set use a ring mold to punch out the desired amount of portions. Reserve for later.

### FOR THE STEWED OKRA

1. Heat a rondeau to high, searing heat. Add a small amount of quality neutral oil. When smoking, add okra, allow some char to form.
2. Reduce heat to medium add onion and sliced garlic. Sweat until the edges of the onion begins to color. Add olive oil and spices stirring constantly until fragrant. Add tomato paste and toast until a deep red develops.
3. At this point add the crushed tomatoes and bay leaves. Reduce heat to low and allow bay leaves to steep up top 30 minutes.
4. Cool and reserve for later.

### FOR THE SUCCOTASH

1. Bring a large skillet to medium-high heat. Add a small amount of quality neutral oil. Add Squash and cook until al dente. Add the green beans, and fresh corn. Allow to cook for about 2 minutes stirring frequently.
2. Increase heat to high and add cherry tomatoes until lightly blistered. At this point add the reserved stewed okra and vegetable stock and bring to simmer.
3. Reduce heat and allow to simmer for 10 minutes. Add dilly beans to finish.

### FOR THE GRIT CAKE

1. Preheat oven to 325 and prepare sheet tray, set aside.
2. Heat large cast-iron to high heat, add enough quality neutral oil to coat the bottom of the pan thoroughly. Add grit cakes 2 at a time searing until golden brown (about 2-3 minutes)
3. Transfer to sheet tray and bake in oven at 325 for 5 minutes.

### TO PLATE

1. Place grit cake off center in a shallow pasta bowl. Arrange succotash in cresset figure around the grit cake. Allow to fill the bowl to a similar height of the cake itself.
2. Garnish all over with herbs, lemon, salt, benne, olive oil and serve.

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