

Grilled Salmon Over Creamy Grits with Dill Butter

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Servings: 6

CREAMY GRITS

2 quarts chicken broth

2 1/2 cups coarse ground white grits

1/2 cup heavy cream

salt

white pepper

SALMON

6 (4 ounce) salmon fillets (skinless/ boneless preferred)

olive oil

flour

salt (to taste)

pepper (to taste)

DILL BUTTER

1/2 bunch fresh dill

1/2 pound unsalted butter, room temperature

1 shallot, finely minced

salt

white pepper

Make the grits: Bring the chicken broth to a boil in a heavy-bottomed pot. Slowly stir the grits into the boiling broth. Bring back to a boil. Stir very frequently for 20 to 30 minutes. (The grits should have absorbed all of the broth and become soft.)

Add the cream. Cook an additional 20 minutes, stirring frequently, so they will not scorch. Season with salt and white pepper. Keep warm in a double boiler until ready to serve. (If the grits become too thick, add water or chicken broth to thin them down.)

Make the dill butter: Slice the dill with a sharp knife, leaving little sprigs (Don't mince too small or it will become pasty.)

In a bowl, place the softened butter. Add the dill and finely minced shallot. Season with salt and white pepper. With a spatula, place the butter on a sheet of Saran Wrap. Roll up into a tube about 1-1/2 inches in diameter. Place in the refrigerator for two hours or until firm.

Once firm, peel away the wrap and slice into 1/4-inch rounds. Keep cold.

Make the salmon:: Take the salmon fillets directly out of the refrigerator and brush with olive oil.

Season with salt and pepper, then sprinkle very lightly with flour.

Place the salmon on a very hot grill that has been seasoned prior to placing the salmon on it. (To season your grill, wipe with an oil-saturated paper towel.)

To serve: Place the creamy grits on a plate. Place the salmon on top of the grits on each plate. Top with a round of butter.

Per Serving (excluding unknown items): 524 Calories; 44g Fat (75.5% calories from fat); 30g Protein; 2g Carbohydrate; trace Dietary Fiber; 169mg Cholesterol; 1106mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 7 1/2 Fat.