

Louisiana Grillades and Grits



Ingredients

For the Grillades

- 2 lbs round steak pounded to 1/4 inch thickness and cut into 2 inch squares
- 1/2 cup all-purpose flour
- 1/2 tsp salt
- 1 tsp Creole seasoning
- 2 tbsp extra virgin olive oil
- 2 medium yellow onions diced
- 2 cloves garlic minced
- 1 large red bell pepper, diced
- 1/2 cup celery diced
- 2 cups tomatoes diced or 1 (14 oz) can diced tomatoes, drained
- 1/3 cup all-purpose flour
- 4 tbsp unsalted butter or 5 tbsp extra virgin olive oil
- 3 cups beef broth, low sodium
- 1 tbsp red wine vinegar
- 3 bay leaves
- 1 tbsp Creole seasoning, see below
- 2 tbsp fresh parsley chopped
- 2 tbsp finely sliced green onion

For the Grits

- 1 cup Quaker® Old Fashioned - Standard Grits
- 4 cups 2% milk
- 1/4 tsp salt
- 1 tbsp unsalted butter

Made with



Quaker® Old Fashioned - Standard Grits

How to make it

[title]For the Grillades:

2. Combine the 1/2 cup flour, salt and one tsp of Creole Seasoning in a shallow bowl. Liberally dredge the pieces of beef in the flour, shaking off the excess and transfer to a large plate.
3. Heat the oil in a stainless-steel skillet over medium-high heat until hot but not smoking. Place the beef in the skillet, being careful not to overcrowd, and fry on both sides until browned. Transfer the beef to a plate.
4. Sauté the onions in the skillet until soft and translucent, about 5 minutes. Add the garlic and sauté for another minute. Add the bell pepper and celery and sauté until soft, about 5-7 minutes. Add the tomatoes and sauté for another 4-5 minutes, scraping up any browned bits in the skillet. Transfer the vegetables to a bowl.
5. Melt the 5 tbsp of butter or olive in the same skillet over medium heat. Add the 1/3 cup flour and whisk constantly until the mixture is a rich brown, about 4 minutes. Add the beef broth and red wine vinegar, whisking continually until the mixture is smooth and thickened.
6. Return the vegetables to the skillet and add the Creole seasoning and bay leaves. Return the beef to the skillet and bring to a simmer. Reduce the heat to low, cover, and simmer for 1 1/2 hours or until the meat is very tender, stirring occasionally.
7. Add salt and pepper to taste. Remove the bay leaves.
8. Serve the Grillades and gravy ladled over hot grits (see below) and sprinkle chopped parsley and sliced scallions over the top.

[title]For the Grits:

10. In a 5-quart pot over medium-high heat, bring the milk and salt to a simmer, stirring regularly to prevent the milk from burning.
11. Slowly add the grits in a steady stream, whisking constantly to prevent lumps. Add the salt. Reduce the heat to low, cover, and cook for about 30 minutes, stirring occasionally until the grits are thick and tender.