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Grilled Trout with Spinach and Cheddar Grits

The slight sharpness of the cheddar combines with the sweet corn grits and tender grilled trout to give this meal a great contrast of flavors. For best results, use only the freshest trout you can find like the local trout from Purple Rock Farms in Frankfort, Indiana (www.purplerockfarm.com). For the side dish, I used local grits from Bonneyville Mills (www.elkhartcountyparks.com), sharp vintage cheddar from the Swiss Connection (www.swissconnectioncheese.com), and fresh spinach from our garden.

For the grits:

5 cups of water
1 teaspoon salt
1 cup stone ground Bonneyville Mills yellow grits (to order call 574-825-9324)
3 cups chopped fresh spinach, stems removed
1 cup sharp cheddar cheese
2 tablespoons butter

Place the water and salt in a small saucepan and bring to a boil over medium high heat.

Pour in the cornmeal, a little at a time, whisking the water as you do this.

Reduce the heat to medium low and cook the cornmeal, whisking it continuously, until it thickens.

When it reaches your preferred consistency, remove the pan from the heat. *

Stir in the spinach, cheese, and butter.

Serve immediately.

*Depending on how creamy you like your grits, this can take 15-20 minutes. You may have to add more water to the cornmeal as you are cooking it if you prefer your grits really creamy.

For the trout:

2 cleaned trout, skin on
Olive oil
Hawaiian salt, can substitute sea salt
Freshly ground black pepper

Preheat a charcoal grill to medium high heat and oil the grates generously with olive oil.

Rub the trout inside and out with olive oil.

Sprinkle the inside cavity and outside of the trout with the salt and pepper.

Grill the trout for 6-9 minutes per side or until done to your liking.

Serve immediately.

Serves 2.

NOTE: You will probably have left over polenta. Just pour it into a greased meatloaf pan and put it in your refrigerator to harden. The next morning, cut the now firm polenta into squares, fry them in some butter until they're brown and crispy on both sides, and enjoy them topped with fried eggs.

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