

Grilled RomaCrunch® with Coconut Grits and Chinese Sausage

Servings
6

Calories
830

Prep Time
35 minutes

Total Time
55 minutes

Skill Level
Medium

Ingredients

For the grits

- 1 pound stone ground corn grits/polenta
- 1 cup unsweetened shredded coconut
- 3 cans whole fat coconut milk
- 3 cups water
- 2 tablespoons salt
- 1 tablespoon freshly ground black pepper
- 4 tablespoons unsalted butter
- 2 cups half and half

For the sausage and greens

- 2 heads RomaCrunch
- ½ cup vegetable oil
- Salt and pepper
- 1 lb sweet Chinese sausage, sliced
- 6 cloves garlic, sliced thinly
- 2 cups chicken stock

The Method

Combine all of the ingredients except for the butter and half and half into a large pot. Whisk over medium heat until the mixture begins to thicken significantly. Add the butter and half and half and more water if the mixture is still too thick. Whisk and check for salt and pepper.





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Split the RomaCrunch heads in half lengthwise and coat the cut side with a bit of oil, salt and pepper. Grill them on both sides on a grill pan or outdoor grill until you see grill marks. Cut the leaves into mouth-sized shreds and set aside. Heat a large wok with the rest of the oil and sauté sausage until crispy. Add the garlic and cook until it gets slightly brown. Add the shredded RomaCrunch leaves, chicken stock, and a big pinch of salt and pepper. Saute everything together for a few minutes and check for seasoning.

Recipe courtesy of Chef Stephanie Goldfarb

Nutrition Facts

Serving Size: 452g | Servings: 6

Amount Per Serving

Calories 830 | Total Fat 51g (sat fat 23g trans 1g) | Cholesterol 70mg | Sodium 2890mg | Total Carbohydrate 74g | Dietary Fiber 5g | Sugars 3g (Includes 0g Added Sugar) | Protein 22g | Vitamin D 0% | Calcium 10% | Iron 30% | Potassium 8%