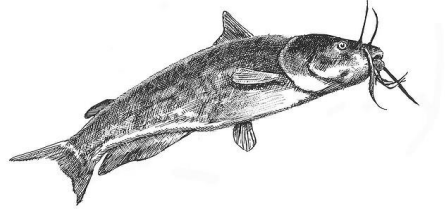


Southern Sushi

by *Charles Kirsch* for the GA National Fair

2 c water
2 T butter
2 tsp salt
1 tsp garlic powder
1 tsp dried parsley
1 ½ c grits
¼ c half & half
1 c shredded cheese



In a medium sauce pan, add water, butter, salt, garlic and parsley, bring to a boil. Stir in grits. Bring grits back to boil for 1 minute while stirring. Then turn down to low and cover for 10 minutes. Stir in half & half and cheese. Then cover, turn off and let stand for 20 minutes. Pour grits onto a greased sheet pan spread grits 1 inch thick and let chill.

For fish:

½ lb catfish fillet, cut into finger width strips
4 c oil for frying
¼ c cornmeal
1 c flour
½ c cornstarch
½ tsp cayenne pepper
1 T seafood seasoning
1 T salt

This flour mixture will be used for the fish and grits. Mix all of the dry ingredients together. Cut fish into finger width strips, season with salt & pepper. Heat oil in a deep frying pan on medium high. Cut grits into 8 rectangles. Coat grits with flour mixture. Fry grits until golden brown, drain on paper towels. Next coat fish with flour mixture and fry until golden brown. Drain paper towels.

To put together:

½ c Cole slaw
2 T julienne red radish
Whole chives

Place one grits square on plate, top with Tablespoon of slaw, radish, chive and then fish, top with second grit cake.