

Top Shelf

What pros are using in their kitchens

White Grits

On any given evening at Husk in Charleston, South Carolina, chances are good you can enjoy Hagood Mill white grits. Ground

the same way they were 170 years ago, they make shrimp and grits shine. \$8; foodforthesouthern soul.com

Jams and Jellies

Foodies line up every weekend for jars of April McGreger's jams and jellies at the Carrboro, North Carolina, farmers market. Lucky for all Southerners, they're now available by mail order. Farmer's Daughter jams, \$9 each; farmersdaughterbrand.com

Creole Sauce

This recipe is rooted in Lowcountry culture, passed down through the Luquire family of Georgetown, South Carolina. Just add shrimp, simmer, and serve over grits. Carolina Creole sauce, \$10; carolinacreole.com

Pecan Oil

"Virgin pecan oil is quickly replacing my desires for those great nut oils of France," says New Orleans chef John Besh. "I do everything with this stuff, from drizzling over salads to cooking. I find that it livens up a dish with just a dash." Kinloch Plantation pecan oil, \$17; plantationpridepecans.com

