

## Polenta vs Grits (vsdiff.com)

Attribute	Polenta	Grits
Geographic roots	Northern Italy (adopted <i>post-Columbian</i> from 16th century)	Southern United States (Native American corn traditions; Anglicized term by 17th–18th century)
Typical corn types	<b>Flint</b> -type varieties often used (hard endosperm)	<b>Dent</b> -type varieties common (mixed endosperm)
Milling	Often <i>stone-ground</i> to coarse-medium grinds; can be fine or pre-cooked	Ranges from coarsely ground to fine; includes <i>hominy grits</i> (nixtamalized)
Nixtamalization	Rare for polenta (generally <b>not nixtamalized</b> )	Some grits are <b>hominy</b> (nixtamalized), altering flavor & nutrition
Texture & finish	Typically <b>creamier-to-firm</b> ; often set and sliced	Often <b>creamier</b> for breakfast dishes; can be coarse and toothy
Cooking time (typical)	Traditional: ~40–60 minutes; instant: minutes	Quick: ~5–10 min (instant); stone-ground: ~20–40 minutes
Usual water:grain ratio	Approximately 4:1 to 5:1 (varies by desired firmness)	Approximately 4:1 to 6:1 (creamier results use higher ratios)
Culinary context	Polenta paired with ragù, braises, cheeses across Northern Italy	Grits paired with shrimp, butter, cheese in U.S. Southeast breakfast & savory dishes
Shelf life & processing	Stone-ground: shorter shelf life (months); degerminated: longer (up to ~1–2 years)	Same dynamics: stone-ground/hominy shorter; processed grits longer shelf life

Source: <https://vsdiff.com/polenta-vs-grits/>