

A method of making instant grits includes moistening a grit and heating thereof with infrared radiation with a wavelength of 0.9 – 1.1 μm . Moistening of the grit is carried out in a starch adhesive solution of a 0.5-1.0% concentration in the course of 5-15 min, while carrying out continuous stirring thereof, and heating of the grit is carried out at a temperature of 170-230 °C.