



Shrimp & Grits

Source: William Sonoma

Serving Size: 4

Prep Time: ~30 min

Cooking Time: ~ 60 min *

* If using instant grits, cooking time is much shorter.



A legendary morning repast in the Carolina Low Country, shrimp and grits is said to have begun as a fisherman's breakfast, created by shrimpers using the day's catch. Original recipes called for sautéing the small local shrimp in butter and serving the seafood as a topping for creamy, stone-ground grits. Today, "New Southern" variations abound, as creative cooks embellish the classic dish with everything from bacon and mushrooms to fresh truffles.

Directions

- Cook the bacon.
- To prepare the grits, in a saucier or Dutch oven over medium heat, combine the grits, the cups water, salt and 1 Tbs. of the butter and bring to a boil.
- Reduce the heat to low, cover and simmer, stirring occasionally, until tender, 45 to 60 minutes. Meanwhile, prepare the shrimp.
- If the grits become too thick, add more water.
- Remove from the heat and stir in the remaining 1 Tbs. butter, the cheddar and Parmigiano-Reggiano cheeses, pepper and Tabasco.
- Pat the shrimp dry with paper towels.
- Put the shrimp in a shallow bowl, season with salt and pepper and toss with the flour to coat evenly.
- In a fry pan over medium-high heat, warm 2 Tbs. of the bacon fat. Working in batches, brown the shrimp until almost cooked through, about 2 minutes. Transfer to a plate.
- Return the pan to medium-high heat and warm 2 Tbs. of the bacon fat.
- Add the mushrooms, bell pepper, garlic, salt and pepper and cook, stirring occasionally, until softened, 5 to 7 minutes.
- Add the shrimp and accumulated juices, the bacon, green onions, tomatoes, stock, lemon juice and Tabasco.
- Cook, stirring frequently, until the shrimp are opaque throughout and the vegetables are heated through, 2 to 3 minutes.

Ingredient List

For grits from scratch, otherwise follow instant grit's cooling instruction, and add-in incidents.

1. 1/2 cup white grits
2. 2 cups water, plus more as needed
3. ½ tsp. kosher salt
4. 2 Tbs. (1/4 stick) unsalted butter, at room temperature.
5. 1/3 cup shredded medium-sharp cheddar cheese
6. 1/4 cup grated Parmigiano-Reggiano cheese
7. Freshly ground pepper, to taste
8. 1/2 tsp. Tabasco (optional)

For the shrimp:

1. 1/2 lb. large shrimp, peeled and deveined
2. Salt and freshly ground pepper, to taste
3. 1 tbs. all-purpose flour
4. 3 oz. bacon slices cut into 1/2-inch dice, fried until crispy and fat reserved.
5. 1/4 lb. white button mushrooms, sliced
6. 1/4 cup diced red bell pepper
7. 1 garlic cloves, minced
8. 1/4 cup sliced green onions, white and light green portions
9. 1 plum tomato, diced
10. 1/4 cup chicken stock
11. 2 tsp. fresh lemon juice (about 1 lemon).
12. 1/2 tsp. Tabasco sauce