



A Cook's Companion

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Shrimp & Grits

Serves 4

Shrimp and grits are a southern classic. Packed with flavor, and quick to prepare, this lowcountry dish is a go-to crowd pleaser. Creamy, buttery grits are the perfect compliment to tender shrimp. We like this combination best when served with fresh green onions and a side of our favorite lager (Louisiana's Abita is ideal.)

Grits Ingredients:

2 cups vegetable stock
2 cups whole milk
1 stick butter
1 1/2 cup grits
2 oz cream cheese
1 tsp salt
1 tsp pepper

Shrimp Ingredients:

8 large prawns
1/4 tsp Old Bay
1/4 tsp paprika
1/4 tsp Italian seasonings
3 garlic cloves minced
2 tbsp olive oil
2 shallot, chopped
3 cloves garlic, minced
8 shiitake mushroom, diced
3 green onion stalks, chopped
1/2 cup white wine
1/4 cup warm water 1 tsp thyme 1/4 tsp salt 1/4 tsp pepper

Directions:

1. In a dutch oven or large pot, bring vegetable stock, milk, salt and butter to a boil. Slowly add grits, whisking constantly.
2. When grits have absorbed the liquid stir in cream cheese and pepper.
3. Turn heat on low, cover and let cook for 10 min. Note: Grits can always wait on the shrimp. If they get too thick, add more stock to thin them out before serving.
4. While grits are cooking, gently wash prawns. Place shrimp in a mixing bowl and add minced garlic, old bay, paprika, italian seasonings, salt, pepper, 1 tsp olive oil and toss shrimp until coated. Set aside.
5. Add remaining olive oil to a medium sauté pan with garlic and shallot. Sweat until vegetables are limp, about 30 seconds. Add mushrooms and cook for 4 minutes. Add wine, shrimp and water. Cook until shrimp flesh is slightly opaque, then add thyme, green onions and butter.
6. Immediately serve shrimp over grits and garnish with more diced green onion.