



RECIPES

Shrimp and Grits

1-1/2 cups water
1 pint (16 oz.) chicken broth
3/4 cup heavy cream
3/4 teaspoon salt
1 cup real grits (not instant)
3/4 cup sharp cheddar cheese, grated
2 TBSP butter
1 Tsp Louisiana hot sauce
1/2 Tsp black pepper
1 lb shrimp, peeled and deveined
1/4 Tsp salt
1/4 cup flour
1 TBSP extra virgin olive oil
1 cup fresh mushrooms, sliced
1/2 cup green onion, chopped
1 Tsp garlic, minced
1/2 cup chicken broth
2 TBSP lemon juice
Fresh cracked course ground black pepper

Bring water, chicken broth, heavy cream, and salt to a boil in a medium saucepan. Gradually work in grits with a whisk, reduce heat and simmer, stirring occasionally, 10 minutes or until thickened. Add grated sharp cheddar, butter, hot sauce, and black pepper and stir well. Pour into a square glass baking dish, cover and set aside to set as it cools. Sprinkle shrimp with salt and then dredge in the flour and set aside. Saute mushrooms in olive oil in a skillet for 6 minutes, or until tender. Add green onions and saute 2 minutes longer. Add shrimp and garlic and saute 3 minutes or until shrimp are just done. Stir in 1/2 cup chicken broth and lemon juice and cook 2 more minutes, scraping bottom of skillet. Cut the set grits into triangular or square cakes. Divide the grits cakes into 4 large, shallow bowls. Divide shrimp mixture into four servings and place on top of grits. Top each serving with fresh cracked course ground black pepper.