



Shrimp & Grits

Serves 4

For the grits:

3 cups milk
3 cups heavy cream
1 cup stone-ground white cornmeal
2 tablespoons unsalted butter
Kosher salt
Freshly ground black pepper

For the shrimp:

2 tablespoons extra-virgin olive oil
1 medium white onion, minced
3 garlic cloves, minced
1 red bell pepper, minced
1 teaspoon fresh thyme leaves
Pinch cayenne pepper
1-pound andouille sausage, cut in chunks
1/4 cup all-purpose flour
2 cups chicken stock
2 to 3 bay leaves
2 pounds large shrimp, peeled and deveined
2 dashes crystal hot sauce
1/2 lemon, juiced
Kosher salt
Freshly ground black pepper
2 tablespoons finely chopped fresh flat-leaf parsley
4 green onions, sliced

Procedure:

For the grits

Place a 3-quart pot over medium-high heat. Add the milk and cream. Slowly whisk in the cornmeal. When the grits begin to bubble, turn the heat down to medium low and simmer, stirring frequently with a wooden spoon. Allow to cook for 10 to 15 minutes, until the mixture is smooth and thick.

Remove from heat and stir in the butter, thin it out with a little extra cream. Season with salt and pepper.



For the shrimp

Place a deep skillet over medium heat and coat with the olive oil. Once the oil has begun to smoke and shimmer; add the onion, garlic, bell pepper, thyme, cayenne, and sauté for about 2 minutes or until the onion is translucent.

Place the sausage into the pan to brown and cook. Once there is a good amount of rendered fat in the pan from the sausage, sprinkle in the flour and stir to create a roux. Slowly pour in the chicken stock and continue to stir to avoid lumps. Toss in the bay leaves and bring to a simmer.

Once the sauce is simmering, add the shrimp. Poach the shrimp in the stock for 2 to 3 minutes, until they are firm and pink, and the gravy is smooth and thick.

Add the hot sauce and lemon juice. Season with salt and pepper; stir in half of the parsley and green onion. Reserving the other half for garnish.

Plate the Dish

Spoon the grits onto desired serving bowl. Place spoonful of the shrimp mixture over the top and garnish with more parsley and green onions. Serve immediately.