



Shrimp and Grits

bowls, main dish, seafood

Prep Time: 15 min **Cook Time:** 15 min **Difficulty:** Medium

Servings: 4-6 **Source:** My version adapted from Kitchn

INGREDIENTS

For the shrimp

1 lb raw shrimp, deveined, preferably tail off (**See Notes**)

For the grits

4.5 cups water

1.5 cups corn grits (polenta) preferably Bob's Red Mill

2 bay leaves

½ tsp kosher salt

4 tbsp unsalted butter

½ cup finely grated parmesan cheese

For the sauce mixture

1 tsp oil

4 oz Andouille sausage, sliced into half moons

1 large green bell pepper, small dice

4 medium scallions, chopped (green parts reserved for garnish)

DESCRIPTION

When we lived in Alabama I abhorred grits, which all the locals seemed to eat for breakfast instead of hash browns. The grits were white, looked like thick Cream-of-Wheat, and were tasteless as far as I was concerned. Fast forward to 21st century - For an OLLI class I had to make a dish representative of some southern state. A photo of this recipe looked interesting, so I took the risk of trying it, even though it had the dreaded grits in it. Turns out that yellow "grits" are really more like polenta, and used in this recipe they are delicious. This recipe has become one of my favorites!

DIRECTIONS

Defrost shrimp. If you can only find raw tail-on shrimp, remove tails. Set aside.

Bring water and salt to boil in medium pot. Add corn grits and reduce heat. Cook slowly for about 5 minutes, stirring occasionally. Remove from heat and keep warm.

Discard the bay leaves. Add butter and cheese to grits and stir until melted and combined. Set aside and keep warm.

2 cloves garlic, minced

1 (14.5oz) can petite diced tomatoes

1 tsp Creole seasoning

1 tsp dried oregano

¼ tsp smoked paprika

¼ tsp kosher salt

Heat oil in a large skillet until shimmering. Add sausage and cook until browned, about 1 minute per side.

Add bell pepper, scallions, and garlic. Cook until softened, about 2 minutes.

Add tomatoes and seasonings. Bring to a simmer and cook just until juices thicken. (If you are cooking for two - see notes below - this is when I take half of the tomato mixture and freeze it for another time.) Add the shrimp. Cook over medium heat, stirring occasionally until the shrimp are opaque and cooked through, 3-4 minutes.

Divide the grits between bowls and top with a generous serving of the shrimp mixture. Sprinkle with the reserved scallions and serve hot.

NOTES

I'm usually cooking for two and therefore I halve recipes, but this recipe that calls for a whole green pepper and a whole can of tomatoes makes that difficult. What I usually do is make half the amount of grits and shrimp. I make the full amount of tomato-onion-bell-pepper-andouille-sausage mix and freeze half of it for future use.