



SHRIMP & GRITS

MISE EN PLACE

- Defrost your shrimp, and peel them if they are shell on.
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SHRIMP & GRITS *(serves 4)*

Recipe by KATHRYN JOEL

1 lb medium to large raw shrimp, defrosted and dried

3-4 rashers of side bacon, diced

Extra-virgin olive oil

1 small onion, finely chopped

1 small green pepper, finely diced

1 jalapeño chili, finely chopped

2 cloves garlic, finely chopped

1 tbsp fresh thyme leaves, chopped

1 1/2 cups cherry tomatoes, quartered

1/4 cup chicken or shrimp stock, or use clam juice

Lemon juice, to taste (optional)

Grits, to serve (recipe below)

- Meanwhile in an unheated, wide skillet add the diced bacon and turn the heat to medium, slowly rendering off the bacon fat while browning the bacon. Remove the browned bacon to a plate, using a slotted spoon.
- Turn up the heat under the skillet, then add the shrimp, seasoning with salt, and sear on both sides then remove to a plate together with any juices.
- Add olive oil to the pan, heat until shimmering then add the onion and green bell pepper and cook, stirring until softened, seasoning with salt.

- Once the onion and green pepper are soft and golden, add the jalapeño, garlic and fresh thyme together with the reserved bacon and cook, stirring, just until fragrant.
- Add the cherry tomatoes and continue to cook, stirring, until the cherry tomatoes have wilted.
- Return the shrimp and any juices to the pan, and add stock or clam juice to moisten.
- Cook until the shrimp are cooked through.
- Finish with (optional) lemon juice, and salt and pepper to taste. Serve over hot grits.

Grits

1 cup white corn grits

4 cups shrimp or chicken stock, or use water, and more as needed

½ tsp salt, or to taste

1-2 tbsp whipping cream

1 cup aged cheddar, grated

50 g butter, diced

4 green onions, sliced

- In a medium pot, bring the water for the grits to a boil, seasoning with salt.
- Once the water is boiling, slowly pour in the grits whisking constantly. Continue whisking as you cook the grits over a low heat for about 5 minutes, adding more water as needed.
- To finish, stir in the whipping cream and cheddar, and adjust the seasoning to taste.
- Stir in the butter and green onions, and serve topped with the shrimp in creole sauce.

EQUIPMENT

Cutting boards and knives

Measuring cups and spoons

Wide sauté pan for the creole shrimp

Pot for the grits

Whisk for the grits