

Idiot's Kitchen Recipe – Shrimp & Grits

Recipe from www.idiotskitchen.com



Ingredients:

1 ½ pounds large shrimp – peeled and deveined
6 slices Bacon
1 medium onion – chopped
1 red bell pepper – chopped
3 cloves garlic – minced
¼ cup flour
½ cup white wine
1 (14 ounce) can low-sodium chicken broth (about 1 ¾ cups)
1 ½ cups grits (regular or quick but not instant)
2 cups milk
3 cups water
2 Tablespoons butter
¼ cup + 2 Tablespoons heavy cream (¼ cup for the grits, 2 Tablespoons for the gravy)
Dried Thyme
Dried Red Pepper Flakes
Green Onions – chopped for garnish
Salt & Pepper

Cut 6 slices of bacon into small pieces and cook over medium low heat to render out as much of the fat as possible. When the bacon is crispy, remove it from the pan (leaving the grease), drain on a paper towel and set aside. Cook the chopped onion, chopped bell pepper and garlic in the bacon grease over medium heat until tender but not browned. Add ¼ cup of flour to the vegetables and stir to create a roux. Add ½ cup of white wine and 1 can of chicken broth and stir to make a smooth sauce. At this point, reduce the heat to low and let the sauce (in the south, they call it gravy) simmer while you cook the grits.

Bring 2 cups of milk and 3 cups of water to boil in a large, deep pan. When the liquid boils, SLOWLY whisk in 1 ½ cups of grits. Whisk the grits until they start to thicken about 7-10 minutes. Switch to stirring with a spoon or spatula and cook and stir the grits until they thicken and absorb all the liquid. Season the grits generously with salt and pepper. Don't worry if the grits suddenly become too thick, you can smooth them out before serving.

When the grits have thickened, return the pan of sauce to a boil over medium heat. Season with a pinch of thyme, red pepper flakes, salt and pepper. Add 1 ½ pounds of peeled, deveined shrimp to the sauce and cook 3-5 minutes until the shrimp turn pink and their edges begin to curl. Add 1-2 Tablespoons of heavy cream to the sauce and stir to combine.

To smooth out the grits, add 2 Tablespoons of butter and ¼ cup heavy cream. Stir until smooth adding more milk or cream if needed.

Serve the grits in a shallow dish topped with the shrimp and gravy. Garnish with the reserved bacon and a few green onions.

Makes 4 large servings.