Southern Shrimp & Grits

Mrs. Wimpy - F/V Hardway

252-473-7484
FRESH CATCH
SEAFOOD
4331 Mill Landing Rd.
Wanchese, NC 27981

Ingredients

Shrimp

- 1lb shrimp, peeled and deveined (or don't devein them, your call)
- Garlic powder
- Onion powder
- Smoked paprika
- Salt and pepper

Bacon and Sauce

- 5-6 slices thick cut bacon, chopped
- Bell peppers, diced (I use about half of a green, red, and yellow)
- Minced garlic
- 1 1/2 Tbs tomato paste
- 1/4 cup chicken stock
- 3/4 cup heavy cream
- Pat of butter
- Seasonings (smoked paprika, garlic and onion powders, S&P)

Grits

- 1 1/2 cups grits (instant or slow both work, but cook accordingly)
- 3 cups chicken stock
- 1 cup heavy cream
- 1 1/2-2 cups sharp cheddar
- 2 Tbs butter
- Salt (as needed) & pepper

Bacon and Sauce Continued

Directions

1. **Peel, rinse, pat dry, and season** your shrimp to your heart's content. Use the seasonings listed or your favorite seafood/blackening seasoning.
2. **In a pot**, bring 3 cups chicken stock to a boil. Slowly whisk in the grits and reduce heat to low. Cook the grits for about 5-7 minutes stirring frequently until thick.
3. **Whisk** in 1 cup heavy cream and 2Tbs butter. Cook another 1-2 min. Whisk in your cheese. Keep the grits a little thicker than what you think. The sauce will help loosen them later. However, if they get too thick too quickly, thin them out with a bit of chicken stock.
4. **Chop and cook** the bacon in a skillet on medium heat. The goal is to have the fat render and crisp the bacon pieces. Remove the bacon, but keep the grease in the pan. Tip: use kitchen shears to cut the bacon strips directly into the pan.
5. **To the same pan**, add your shrimp and sear them on both sides over medium high heat until they are just cooked through. When finished cooking, remove them from the pan.

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Shrimp & Grits Directions Continued:

6. **Reduce heat** to medium and add your bell peppers and sauté until softened. Add butter if needed.
7. **Don't forget about your grits!** Check them and stir! Make sure heat is low enough that they won't stick to the bottom of the pot.
8. **Add garlic to pan** with bell peppers and cook until fragrant. Next, add 1 1/2 Tbs tomato paste and stir for about a minute until it darkens slightly. Add in 1/4 chicken stock and deglaze the pan. Pour in 3/4 cup heavy cream. Stir to combine and add your spices. Let simmer for 3-5 minutes stirring continuously until the sauce is thick enough to coat the back of a spoon. If desired, add more cream.
9. **Add your bacon** to the sauce and stir to combine.
10. **Return shrimp** to the pan and into the sauce. Stir the shrimp to coat them in the sauce and long enough to warm them up.
11. **Serve:** Put your scoop of grits into a bowl and top with the shrimp and sauce. Garnish with parsley if desired.