

Shrimp and Grits

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

For the grits

7 cups water

2 cups uncooked white coarse-ground grits

½ cup freshly grated Parmigiano-Reggiano cheese

¼ cup unsalted butter

For the shrimp

4 thick hickory-smoked bacon slices, diced

6 tablespoons unsalted butter

1 medium-size Vidalia onion, diced

½ poblano pepper, diced

3 garlic cloves, minced

1 pound medium-size raw shrimp (2-8/31 count),
peeled and deveined

½ teaspoon kosher salt

¼ teaspoon ground white pepper

¼ teaspoon ground red pepper

1 tablespoon all-purpose flour

½ cup chicken broth

¼ cup Madeira

2 tablespoons fresh lemon juice

1 tablespoon chopped fresh parsley

1 green onion, sliced on the bias (for garnish)



Method of Preparation:

1. For the grits, bring water to a boil in a pot over medium-high heat. Slowly whisk in grits; reduce heat to medium, and cook, whisking constantly, 5 minutes. Cover; reduce heat to low, and cook, stirring occasionally, 1 hour or until tender. Fold in cheese and butter.
2. For the shrimp, cook bacon in a large skillet over medium-high heat, stirring often, 4-5 minutes or until crisp; remove bacon, and drain on paper towels, reserving two tablespoons of the drippings in skillet.
3. Melt butter in hot drippings in skillet. Reduce heat. Add onion, poblano pepper, and garlic; sauté two minutes or until onion is translucent. Add shrimp; cook, stirring often, 1-2 minutes. Add salt and both peppers; toss to coat.
4. Sprinkle flour over shrimp mixture; toss. Add the chicken broth, Madeira, and lemon juice. Cook just until shrimp turn pink, stirring to loosen particles from skillet. Stir in bacon and parsley. Serve over grits and garnish with green onion.

Nutritional Analysis:

Calories: 602

Carbohydrates: 60 g

Sodium: 1119 mg

Protein: 26 g

Fat: 26 g

Fiber: 4 g