

Shrimp and Grits

Ingredients

- 2 pounds medium-large shrimp in their shells, about 42, shells removed and reserved
- 2 tablespoons creole seasoning, recipe follows
- 16 turns freshly ground black pepper, in all
- 2 tablespoons olive oil, in all
- 1/4 cup chopped onions
- 2 tablespoons minced garlic
- 3 bay leaves
- 3 lemons, peeled and sectioned
- 2 cups water
- 1/2 cup Worcestershire sauce
- 1/4 cup dry white wine
- 1/4 teaspoon salt
- 2 cups heavy cream
- 2 tablespoons butter
- 1 recipe of Creamy Grits (recipe follows)



Directions

Season the shrimp with Creole seasoning and cracked black pepper. Heat 1 tablespoon of the oil in a large pot over high heat. When the oil is hot, add the onions and garlic and sauté for 1 minute. Add the reserved shrimp shells, the remaining Creole Seasoning, the bay leaves, lemons, water, Worcestershire, wine, salt, and the remaining 8 turns black pepper. Stir well and bring to a boil. Reduce the heat and simmer for 30 minutes. Remove from the heat, allow to cool for about 15 minutes, and strain into a small saucepan. There should be about 1 1/2 cups. Place over high heat, bring to a boil, and cook until thick, syrupy, and dark brown, for about 15 minutes. Makes about 4 to 5 tablespoons of barbecue sauce base. Heat the remaining 1 tablespoon of oil in a large skillet over high heat. When the oil is hot, add the seasoned shrimp and sauté them, occasionally shaking the skillet, for 2 minutes. Add the cream and all of the barbecue base. Stir and simmer for 3 minutes. Remove the shrimp to a warm platter with tongs and whisk the butter into the sauce. Remove from the heat. Makes about 2 cups. Spoon the grits in the center of each plate. Place the shrimp around the grits. Spoon the sauce over the shrimp and around the plate. Garnish with chopped chives

Creamy Stone Ground Grits:

- 6 cups water
- 6 cups milk
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 4 tablespoons butter
- 1 1/2 cups stone ground white grits
- 1 pound grated white cheddar

In a large saucepan, over medium heat, combine the water, milk, salt, pepper and 2 tablespoons of the butter. Bring the liquid to a gentle boil. Stir in the grits. Cook for 1 hour and 15 minutes, stirring occasionally. (**The grits will stick to the bottom of the pan, so make sure not to scrape the bottom of the

pan. If the grits absorbed all of the water, add some hot water to thin out the grits.) Remove the pan from the heat and stir in the remaining 2 tablespoons butter and cheese. The grits can either be served immediately or prepared in advance and reheated. If preparing in advance, grease a pan with a teaspoon of butter. Pour the grits into the pan and reheat in a 400 degree F., for 15 minutes. Yield: 8 servings

Creole Seasoning:

- 2 1/2 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

Combine all ingredients thoroughly.

Yield: 2/3 cup