

Charleston Shrimp and Grits

Serves 4

We had to have a good recipe for shrimp and grits in order to take advantage of the local shrimp catch. This one combines the best of a gumbo-like shrimp recipe with creamy and cheesy grits. The original recipe is from Allrecipes. I started by cutting it in half. I replaced the half-and-half with more water and heavy cream.



Ingredients

- 1 1/2 cups water
- 1 1/4 tsp. salt (divided)
- 1/2 cup grits
- 1/2 cup heavy cream
- 1/2 cup skim milk
- 1 lb. local shrimp
- 1/16 tsp. cayenne pepper
- 1/2 lemon
- 1/2 lb. andouille sausage
- 3 slices bacon
- 1/2 green, red, and yellow peppers
- 1/2 onion (1/2 cup chopped)
- 1 garlic clove (1/2 tsp. minced)
- 2 Tbsp. unsalted butter
- 2 Tbsp. flour
- 1/2 tsp. chicken bullion

- 1/2 cup water
- 1 1/2 tsp. Worcestershire sauce
- 1/2 cup shredded sharp cheddar cheese

Equipment:

- Heavy saucepan
- Large skillet
- Dutch oven

Shrimp and Grits:

☑	Directions	Time (min)
	Bring 2 cups water to a boil and add 1 tsp. salt	3
	Whisk 1/2 cup grits into the water and then whisk in 3/4 cup heavy cream	1
	Reduce heat and simmer until grits are thickened	17
	Cover and set grits aside.	1
	Mix 1/2 tsp. chicken concentrate with 1/2 cup water	1
	Peel shrimp. Sprinkle with 1/4 tsp. salt and 1/16 tsp. cayenne pepper. Add juice from half a lemon. Toss to combine and set aside	2
	In a Dutch oven, cook 3 slices of bacon over medium heat until brown on both sides.	3
	Transfer bacon to paper towels. Allow to cool.	1
	Slice 1/2 lb. sausage and put in the bacon grease in the Dutch oven. Cook over medium heat until browned.	6
	Chop half of three peppers (red, green, yellow), 1/2 cup onion	2
	Add peppers and onion to skillet. Cook until translucent.	8
	Add sausage and shrimp to the peppers. Turn off heat and set aside.	1
	In a heavy saucepan, melt 2 Tbsp. butter	2
	To the butter whisk in 2 Tbsp. flour. Turn heat to low. Stir until golden brown to make a roux.	10
	Pour roux over shrimp mixture.	1
	Chop bacon	1
	Add chicken broth, bacon and 1/2 tsp. Worcestershire sauce. Cook over medium heat until shrimp turn opaque and pink	8
	To the grits, stir in 1/2 cup shredded cheddar. Serve shrimp over grits.	2
	Total	75 min

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