

Shrimp and Grits

Serves 4

1 cup coarsely ground cornmeal for grits
2 teaspoons kosher salt
2 cups half-and-half
1 pound raw medium-sized shrimp (21 to 25 count), thawed, peeled and deveined
1 pinch cayenne pepper
Juice of 1 lemon
5 slices raw bacon, diced small
1 medium green bell pepper, diced small
1 medium red bell pepper, diced small
1 cup diced yellow onion
1 teaspoon minced fresh garlic
¼ cup (1/2 stick) unsalted butter
1 cup chicken broth
1 tablespoon Worcestershire sauce
1 cup shredded sharp Cheddar cheese
1 tablespoon chopped flat-leaf parsley

1. Bring 3 cups water, grits, and salt to boil in a heavy sauce pan. Stir in the half-and-half, lower the heat to medium, and simmer the grits until they are thickened and tender, about 15 minutes.
2. Spread the shrimp on a shallow plate and season with the cayenne pepper, lemon juice, and more salt to taste. Set aside.
3. Cook the bacon in a large skillet over medium heat until brown, about 5 to 7 minutes. Transfer the bacon to a paper towel-lined plate.
- 4) Add the diced green and red pepper, onions, garlic and butter to the pan and cook in the bacon drippings until the onion is translucent, about 3 to 5 minutes.
- 5) Add the chicken broth, cooked bacon, seasoned raw shrimp, Worcestershire sauce and vegetables to the pot with the grits. Cook, continuing to stir, until the shrimp become opaque and bright pink, about 3 to 5 minutes.
- 6) Just before serving, stir the cheddar cheese into the grits until combined. Sprinkle the chopped parsley over bowls of the grits for garnish.

Recipe courtesy of Wegmans Chef Ernesto Cadima

For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>



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