

## Lowcountry Shrimp and Grits (version 2)

SouthernFries p. 190-91

The version we favor which is more robust

### **The Sauce**

*6 slices bacon, chopped (HdeH double)*

*2 small onions, chopped*

*1 medium green bell pepper, seeded and chopped (HdeH replace with one orange/red)*

*1 garlic clove, minced (HdeH uses 2 cloves)*

*1-teaspoon paprika*

*¼ teaspoon dried thyme, crumbled*

*¼ teaspoon dried oregano, crumbled*

*Salt and freshly ground black pepper to taste*

*½ pounds fresh shrimps, shelled, deveined, and cut in half*

*1-½ cups chicken broth (HdeH add more to have more sauce)*

*¼ cup heavy cream*

*(HdeH uses a dash of Japanese spices to add some heat)*



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### **The Grits**

*6 cups water*

*1 ½ teaspoons salt*

*1 ½ cups grits (preferably stone-ground) see NOTE*

*3 cups half-and-half*

*6 tablespoons butter, cut into pieces*

*Freshly ground black pepper to taste*

1. Heat serving plates and dinner plates.
2. To make the sauce, fry the bacon in a large, heavy skillet over moderate heat till almost cooked, about 8 minutes. Add the onions, bell pepper, garlic, paprika, thyme, oregano, and salt and pepper and fry, stirring till the vegetables are softened, about 5 minutes.
3. Add the shrimp and fry, stirring, for 2 to 3 minutes (HdeH fry separately and add to finished dish later)
4. Add the broth and cook, stirring, till slightly reduced, about 5 minutes. Add the cream, return to a simmer, and cook, stirring, till the sauce is slightly thickened, 5 to 7 minutes. Remove the sauce from the heat.
5. **To make the Grits**  
Bring the water to a rolling boil in a large, heavy saucepan, add the salt, and gradually add the grits, stirring constantly for around 5 minutes. Add the half-and half and butter and bring to a simmer, stirring. Cover and cook the grits slowly till very smooth and creamy, stirring from time to time, 50 to 60 minutes. Season with salt and pepper. (HdeH takes 2 hours).
6. NOTE: TdeH if using instant don't forget to add the half and half cream and butter)
7. To serve, reheat the sauce till hot, add the cooked shrimp, spoon mounds of grits on hot serving plates, and spoon the sauce over the grits.