

Shrimp and Grits with Mushrooms and Bacon

Phillis Carey, class, 12/2023



Servings: 5

1. **GRITS:** Place broth and cream in a large saucepan and bring to a boil. Gradually whisk in grits (too fast and you'll get lumps). Reduce heat to low, cover and cook until grits are creamy and tender, stirring occasionally, about 5-7 minutes. Stir in salt, butter and cheeses. Add a pinch of each: white pepper, cayenne and nutmeg.
2. **SHRIMP:** Cook bacon in large skillet until browned on the edges. Remove with a slotted spoon to drain on paper towels.
3. If the bacon fat doesn't provide a thin layer all over the pan, add a bit of neutral oil. Heat over medium high heat and add shrimp and mushrooms, tossing well. Cook until shrimp JUST starts to color, then add green onions, cooked bacon and garlic. Season with lemon juice, hot sauce, salt and pepper to taste.
4. Divide grits among four plates or wide bowls. Spoon shrimp mixture over grits and serve sprinkled with Italian parsley.

GRITS:

3 1/2 cups low sodium chicken broth
1/2 cup heavy cream, or use more broth instead
1 cup grits, quick, not instant type
1/2 teaspoon salt
2 tablespoons unsalted butter
1 cup cheddar cheese, grated
1/2 cup Parmigiano-Reggiano cheese, grated
Freshly ground white pepper, cayenne and nutmeg
(to taste)

SHRIMP:

4 slices bacon, diced
Oil for frying
1 pound large shrimp, cleaned, with or without tails
1/2 pound mushrooms, white, sliced
1 cup green onions, sliced
1 clove garlic, minced
4 teaspoons fresh lemon juice
Crystal hot sauce, to taste, or Tabasco
salt and pepper to taste
1/4 cup Italian parsley, chopped

*Per Serving (excluding unknown items): 718
Calories; 46g Fat (57.2% calories from fat);
43g Protein; 34g Carbohydrate; 1g Dietary
Fiber; 231mg Cholesterol; 1565mg Sodium;
3g Total Sugars; 1mcg Vitamin D; 708mg
Calcium; 2mg Iron; 615mg Potassium;
773mg Phosphorus. Exchanges: .*

Carolyn T's Blog: tastingspoons.com