

CAJUN SHRIMP AND GRITS

Shrimp:

1 ½ lb. (26-30 count) shrimp

2 Tbsp Cajun seasoning

1 Tbsp paprika

1 Tbsp dried Italian seasoning

Freshly ground black pepper

Grits:

2 cups water

2 tsp broth base (recommend Better Than Bouillon brand)

2 Tbsp butter

1 cup quick grits

1 Tbsp tomato paste

¾ cup heavy whipping cream

3 ½ oz extra-sharp cheddar cheese

Sauce:

2 Tbsp butter

1 Tbsp minced garlic

3 Tbsp flour

1 cup chicken stock

1 tsp Worcestershire sauce

½ tsp hot sauce

Peel and devein shrimp. In small bowl, combine Cajun seasoning, paprika, Italian seasoning, salt, and pepper. Sprinkle the mixture over the shrimp, tossing to coat well. Set aside.

In medium saucepan, bring water, broth base, and butter to a boil. Slowly add the grits, whisking often for 5 minutes. Add tomato paste, cream, and cheese. Keep whisking for another 2 minutes until the grits are creamy.

In a large saute pan, melt 2 Tbsp butter. Add minced garlic and stir for 30 seconds. Add the spice-coated shrimp and cook until they're just done and tender. Remove shrimp from pan and set aside.

Add 3 Tbsp flour to the saute pan. Stir with a wooden spoon to make a roux. Cook for 10-15 minute until roux reaches a medium-tan color. Slowly add the chicken stock and the whipping cream. Whisk together and cook for 2 minutes. Whisk in Worcestershire sauce and hot sauce.

To serve, place a few spoonfuls of grits onto plate. Top with shrimp and drizzle roux on top of the shrimp.

Total time: 50 min

Serves 4

From Bobby Flay/Food Network