

Shrimp & Blue Corn Grits

Blue Corn Grits

Ingredients

6 ounces (1 cup) Anson Mills Coarse Blue Corn Grits
water
Fine sea salt
2 to 3 Tbs butter, cut into small pieces
¼ tsp cayenne pepper
2 sprigs fresh Thyme
1-2 Fresh Bay Leaves

Place the grits in a medium heavy-bottomed saucepan and cover them with 2½ cups water. Stir once. Allow the grits to settle, tilt the pan, skim off and discard the chaff and hulls with a fine strainer. Cover and let the grits soak overnight at room temperature.

Set the saucepan over medium heat and bring the mixture to a simmer, stirring constantly with a wooden spoon, until the first starch takes hold, 5 to 8 minutes. Reduce the heat to the lowest possible setting and cover the pan. Meanwhile, heat 2 cups of water in a small saucepan, add salt, cayenne pepper, thyme and bay leaves and keep hot.

Every few minutes, uncover the grits and stir them; each time you find them thick enough to hold the spoon upright, ladle in about 2 tablespoons hot water and stir to combine.

Cook until the grits are creamy and tender throughout, but not mushy, and hold their shape on a spoon, about 50 minutes.

Stir in the butter with vigorous strokes to combine. Add more salt, if desired, and the pepper.



Shrimp and Grits

Serves 4

Ingredients

6-8 slices Bacon, cut into small pieces	8 oz Portobello Mushrooms, sliced
1 lb small shrimp, peeled and deveined	1 Link Kielbasa Sausage, sliced in half & diced
1 Green Bell Pepper sliced	4tb Butter
1 Red Bell Pepper sliced	4tbs Flour
1 Yellow Bell Pepper sliced	2-3 cups Beef Broth
1 Orange Bell Pepper sliced	Shredded Cheese
1 Sweet Onion, Thinly Sliced	

Place the bacon in a pan over medium-high heat and cook until crispy and golden brown. Remove the bacon and let drain on a couple of paper towels. Add the onion to the pan with the bacon grease and saute for 2-3 minutes. Add the peppers and sauté for another 3-4 minutes. Add the sausage and cook for an addition 2 minute until the sausage is warm throughout.

Place the onions, peppers and sausage mixture on a warm plate.

Add 1 Tbs of butter to the pan, melt and then add the shrimp. These will not take long to cook. Suate the shrimp for 45 seconds per side and then place the shrimp on a small warm plate.

Add the 4 Tbs of butter to the pan and melt to the bubbling stage. Do not clean the pan. We want all of the flavors from the previous step to be infused into our shrimp gravy. After the butter has melted, add the flour and whisk smooth. Cook the roux over medium heat until it has reached a light brown color. This will take about 5 minutes.

Add the half of the beef broth beef broth to the roux and whisk until smooth. Add half of the remaining broth and wish smooth. You will have about a ½ cup of broth remaining and you can use this to thin the gravy if needed.

Add an equal bed of blue corn grits to four plates. Top the grits with some of the onion and pepper mixture. Next top with the shrimp gravy. Add shrimp, top with cheese and bacon.

Enjoy