



# Shrimp & Grits

Yield: 4-6 servings

## Shrimp

- Bacon/Diced 6 Slices
- Butter 2 Tbls.
- Olive oil 2 Tbls.
- Flour 4 Tbls.
- Onion, diced 1 medium
- Bell Pepper, Diced 1 medium
- Tomato, diced 1 medium
- Chicken or fish stock 2 cups
- Hot sauce ½ tsp.+
- Worcestershire 1 tsp.
- Garlic powder ¼ tsp.
- Shrimp, raw, P & D 2 lbs.
- Salt/Pepper to taste



## Method:

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| 1. Sauté bacon in butter and oil.   |
| 2. Add flour and cook for several minutes, stirring.  |
| 3. Add remaining items except shrimp, and cook until tender. Add shrimp and cook until just pink. Season. |

## Grits

- Grits 1½ cups
- Water 5 cups
- Whole milk 1 cup
- Butter 1/3 cup
- Cheese, grated (optional) 1 ½ cups
- Salt & pepper TT

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| 1. Combine grits and water, heat until boiling, stirring.                                 |
| 2. Reduce heat and simmer about 30 minutes, stirring often and adding water if necessary. |
| 3. Add milk, s & p, and cook 10 minutes.  |
| 4. Stir in butter and cheese, heat until melted. Season.                                  |