



LOUISIANA
+ COASTAL COOKING +

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Shrimp and Grits

Chef Erik Nunley

Chefs on Boats

Grits

1 qt milk
2 cups grits
Salt to taste
Bay leaf
Thyme
2 cups water

Gravy

1/3 cup shallots
1 cup tasso, diced
1 cup green and red bell pepper, chopped
2 Tbsp garlic
4 cups seafood stock
1/3 cup white roux
1/4 cup of sherry vinegar
1/4 cup Worcestershire sauce
Creole seasoning
Salt and pepper
Hot sauce
1/2 lb shrimp
Creole seasoning



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For the grits

in a heavy bottom sauce pot, add milk and salt. Begin slowly stirring the milk to incorporate the salt. While stirring slowly add in the grits. Add a bay leaf and thyme. Turn on a low medium heat and cover. Every 3-5 minutes, stir the grits to prevent lumps. Continue for 15-20 minutes. Add water as needed if grits become too thick. The grits are done when they are creamy and smooth.

For the gravy

Bring stock to a low boil. In a mixing bowl, toss the shrimp in Creole seasoning, salt and pepper.

In a heavy bottom skillet, add in $\frac{1}{3}$ cup of oil. Once it begins to shimmer, add in the shrimp. Sear for 5 minutes or until you see color, then remove the shrimp. Work in batches.

In that same skillet, add in the tasso. Sauté for 7-10 minutes or until crispy edges form then remove from the pan, but do not clean the pan.

Next add the bell peppers, seasoning, salt and pepper. Sauté for 5-7 minutes or until soft.

Add in the shallots and garlic. Continue to cook for 10 minutes.

Turn heat up to medium high then pour in sherry vinegar.

Add the tasso, then stir the vegetables around until all the liquid has been fully absorbed. Pour in Worcestershire sauce and a couple dashes of hot sauce, then reduce to medium heat and simmer until liquid is almost gone.

Once liquid is almost gone, pour in the roux. While stirring the roux and vegetable mixture, slowly add in the stock $\frac{1}{2}$ cup at a time until the mixture is fully incorporated.

Add in the shrimp then bring to a boil for 10-15 minutes. Serve the gravy over the grits and enjoy.

Makes 3-4 servings.