



## **Shrimp and Grits**

*Serves 6*

Shrimp, 21-25	2 lbs, peeled/deveined
Andouille sausage	8 oz
Vegetable oil	1 Tbsp
Onion, yellow	1 cup, diced fine
Red bell pepper	1/2 cup, diced fine
Green bell pepper	1/2 cup, diced fine
Garlic	1 tsp., minced
Chicken Stock	1.5 cup
Heavy Cream	1/4 cup
Green onions	2 Tbsp
Parsley, flat leaf	2 Tbsp

### **Method**

Season the shrimp with Essence and salt. Heat a large, heavy sauté pan over medium-high heat and sear the andouille, cooking for about 3 minutes. Remove the andouille to a plate, and add the shrimp to the pan, and cook for 2 to 3 minutes. Remove the shrimp from the pan, and heat the oil. Add the onion and bell peppers and cook until soft, 3 minutes. Add 2 tablespoons Essence to the pan, stirring well, then add the garlic and cook 1 minute. Add the chicken stock to the pan and cook until reduced slightly, 5 minutes.

Stir the cream, green onions and parsley into the sauce and return the andouille and shrimp to the pan. Return sauce to a simmer and continue to cook until reduced slightly. Stir well and season to taste with salt and pepper. Serve over Grits (recipe follows).

### **Grits**

Water	6 cups
Kosher salt	To taste
Old fashioned Grits	1.5 cups
Milk, whole	2 cups
Heavy Cream	1 cup
Butter, unsalted	8 Tbsp
Black pepper	To taste

**Method**

In a large, heavy sauce pan bring the water to a boil. Add a generous teaspoon of salt and the grits and stir with a wooden spoon to combine. When grits thicken add milk, cream and butter and return to a boil. Reduce heat to a simmer, cover sauce pan and cook for 45 minutes to one hour, until grits are tender, smooth and creamy. Taste and season with salt and pepper. Keep covered and warm until ready to serve.

*Recipe by School of Hotel, Culinary Arts and Tourism, Schenectady County Community College*