

Shrimp and Grits

Serves: 4

Ingredients

3 cups water
3/4 cup grits (I used Trader Joe's coarse ground grits)
Kosher salt and freshly ground black pepper
1/4 cup milk
1/4 cup grated parmesan cheese
3 tablespoons unsalted butter
1 pound shrimp, peeled and deveined, tails intact
2 large cloves garlic, minced
1/4 teaspoon cayenne pepper
Juice of 1 lemon
1 teaspoon dried parsley, for garnish

Directions

Bring 3 cups of water to a boil in a medium saucepan over high heat, covered. Uncover and slowly whisk in the grits, adding 1 teaspoon salt and 1/2 teaspoon pepper. Bring the mixture back to a boil while whisking. Reduce the heat to low and cook covered, stirring occasionally, until thickened, about 15 minutes. Add milk and cook an additional 5 minutes. Stir in the parmesan and 1 tablespoon butter. Remove from the heat and cover to keep warm until ready to serve.

After you add the milk to the grits you can begin cooking your shrimp. Season the shrimp with salt and pepper, tossing to coat. Melt the remaining 2 tablespoons butter in a large skillet over medium-high heat. Add the shrimp, garlic and cayenne, cook, tossing, until the shrimp are pink, 3 to 4 minutes. Remove from the heat and add the lemon juice and parsley; stir to coat the shrimp with the sauce.

Divide the grits among shallow bowls and top with the shrimp. Serve with lemon wedges, if desired.

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