



Tags: *Breakfast, Lunch, Dinner, gluten free*
Allergens: *Shellfish, Dairy*

Professor Torbert's Shrimp & Grits:

Makes 4 servings

Prep: 10 minutes

Cook time: 30 minutes

Description:

This is as classic as it gets: when you think grits, you think shrimp and grits! This is Professor Torbert's take on the recipe, hearty and full of flavor. Perfect for a Southern breakfast, or a great meal any time of day!

Ingredients:

- 4 cups chicken broth
- 1 cup Professor Torbert's Orange Corn Grits
- 1 bay leaf (optional)
- ¼ cup heavy cream
- ½ cup of shredded cheddar cheese
- 2 tbsp unsalted butter
- 4 strips of bacon, diced
- Butter (for cooking)
- 12-16 fresh large shrimp, peeled and deveined
- ½ tsp salt
- ¼ tsp Chili powder
- ¼ tsp Cayenne pepper

- ¼ tsp Black pepper
- ½ tsp Paprika
- ½ medium onion, thinly sliced
- Green bell pepper
- 1 clove of garlic, minced
- ½ tsp Worcestershire Sauce (gluten free)
- Fresh parsley, finely chopped (reserve some for garnish)
- 2 tsp lemon juice

Directions:

Grits:

1. In a medium sized pot, bring the chicken broth to a boil. Add Professor Torbert's Grits, and stir. Bring the mixture up to a simmer and add the bay leaf. Cover the pot and allow to simmer for about 20 minutes.
2. Once the grits are ready, stir in the heavy cream, unsalted butter, and cheddar cheese. Remove the bay leaf. Cook until the desired consistency. The grits are ready to serve.

Shrimp:

1. While the grits are cooking, fry the bacon in a non-stick pan. If the bacon has very little fat and is sticking to the pan, add a small amount of butter, but only if necessary.
2. While the bacon is frying, toss the shrimp in the chili powder, cayenne pepper, black pepper, paprika, and salt.
3. When the bacon is cooked, remove it from the pan and save it for later, keeping the bacon fat in the pan.
4. Add the onions and bell peppers to the hot pan, and saute on medium heat until soft. If there isn't enough bacon fat, add butter.
5. Add the garlic and cook briefly.
6. Add the shrimp, and add Worcestershire Sauce, parsley, and lemon juice over them. Keep the heat around medium, medium-high to make sure the garlic does not burn. The shrimp should turn from a gray color to a white pink color while they cook, about 3 minutes on each side.
7. Add the bacon back to the mixture, and heat up briefly.
8. Transfer grits to a bowl, and top with the shrimp and veggies. Garnish with cayenne pepper and parsley. Enjoy!

Recipe and Photo Courtesy of NutraMaize LLC