



# Lowcountry Shrimp & Grits

Prep Time: 20 minutes  
Cook Time: 45 minutes  
Yield: 2

## INGREDIENTS

### Recipe

4 oz Country Ham, Julienned  
4 oz Kielbasa Sausage  
2 tablespoons Butter  
20 Shrimp, peeled and deveined  
1 Tsp Minced Garlic  
2 Tsp Cajun Spice  
1 Cup diced fresh tomatoes  
1 Cup Chopped green onion  
3 oz Shrimp Stock (recipe below)

### Shrimp Stock

Yields 4 cups  
4 Cups Shrimp Shells  
1/2 Cup Olive Oil  
1 Cup diced onions  
1 cup diced carrots  
1/2 cup diced celery  
1 Tsp fennel seed  
1 Cup diced fresh tomato  
2 Tablespoon garlic

### Creamy Grits

Serves 4  
3 1/2 cups water  
1/2 Tsp salt  
2 tablespoons butter  
1 Cup stone-ground grits  
1/4 cup heavy cream

## DIRECTIONS

1. In a skillet over medium-low heat, brown ham and kielbasa with 1 Tbsp butter. Add shrimp, garlic and cajun spice, and saute without burning the spice, about 2 minutes. Add tomatoes and green onions, and continue to saute until tomatoes render some juice. Moisten with shrimp stock; bring to a bubble (not a boil). Finish by adding remaining tablespoon of butter.
2. Shrimp Stock- in a 2-gallon pot, toast the shrimp shells in olive oil until pink and fragrant. Add onions, carrots, celery, and fennel seed. Cook, without burning, until vegetables relax and give up some rigidity. Add Tomatoes and Garlic, and cook for 5 minutes. Add water, and bring to a boil, skim and simmer for 30 minutes. Strain through a fine strainer.
3. Creamy grits- In a saucepan, bring water, salt, and 1 tablespoon butter to a boil. Stir in grits. Reduce heat to low. Cook, covered, stirring occasionally, until grits are thick and creamy, about 40 minutes. Remove from heat, and stir in cream and remaining butter. Keep Warm until ready to serve.

