

## Shrimp and Grits with Cheddar Grits



# From the Sensenig's Recipe Book

## Ingredients

- 4 cups low sodium chicken broth (can use water if you prefer)
- 1 cup milk
- 1 cup stone-ground white grits
- finely chopped jalapeno pepper seeded
- 1 Tbs butter
- 1/2 lb Sharp white cheddar cheese
- 1/4 grated Parmesan cheese
- Heavy cream or butter
- Shrimp peeled and deveined
- Cajun seasoning
- 1/2 cup finely chopped onion
- 1/2 cup chopped red pepper
- 1/2 cup chopped green pepper
- 1/4 cup chopped celery
- 1 tbsp minced garlic
- Parsley
- Chopped green onion
- Smoked Andouille sausage or Spanish Chorizo (Hard cured not Mexican Sausage)

## Preparation

1. Saute the jalapeno peppers in butter till soft
2. Add the chicken stock and milk. Bring to boil in a heavy saucepan, then add grits gradually, stirring constantly with a wooden spoon.
3. Reduce heat and cook at a bare simmer stirring frequently until creamy and thickened and the consistency you prefer. Will generally take at least 45-60 minutes. You may need to add additional water.
4. When done, take off of stove and add the cheese and stir and a few tablespoons of cream or butter and add salt or pepper to taste.

### Shrimp

1. Season shrimp with the Cajun seasoning and place in the refrigerator for at least one hour
2. Heat heavy saute pan over medium-high heat and add the sausage and cook about till 3 minutes till brown. Remove and set aside.
3. Add the shrimp and cook for about 2 -3 minutes and then set aside. You may need to do the shrimp in two batches. You want them to brown a little so you don't want to crowd them so they don't steam
4. Add a little butter and the vegetables and saute till tender, Add some Cajun seasoning, some chicken stock and bring to boil till it reduces. Add 1/4 cup of heavy cream, some chopped green onion and parsley. Return the sausage and the shrimp. Return sauce to a simmer and continue cooking till reduced slightly. A few minutes at the most, you don't want to overcook the shrimp.
5. Put grits in serving dishes and serve the shrimp on top.

## Notes:

This is a rough guesstimate of how I make mine. Feel free to modify quantities to your personal taste.

## Source:

My best guess, modified by various recipes including Emerill and Epicurious