

## Southern Shrimp with Grits

*Entrees, Fish and Seafood*

**Source:** The Martha Stewart Cookbook

### **INGREDIENTS**

**12** slices smoked, lean bacon  
Unsalted butter (if needed) **2**  
large onions, quartered and sliced thin  
**1** medium green or red bell pepper, seeded and cut in strips  
**2** garlic cloves, minced  
**1** jalapeño pepper, seeded and minced  
 $\frac{1}{2}$  cup unbleached all-purpose flour  
**3** pounds (about 60) medium shrimps, peeled and deveined  
**3** cups water  
**2** tablespoons Worcestershire sauce  
**2** teaspoons soy sauce  
Juice of  $\frac{1}{2}$  lemon  
Tabasco sauce to taste  
**1** tablespoon chopped fresh thyme leaves  
**2** tablespoons chopped fresh flat-leaf parsley  
Coarse kosher salt and freshly ground black pepper to taste  
White Grits made according to package .

### **DESCRIPTION**

The rich flavor of this shrimp dish balances wonderfully with the creaminess of the grits.

### **DIRECTIONS**

In a heavy skillet, cook the bacon over medium heat until brown. With tongs, transfer the bacon to paper towels to drain, reserving the bacon fat in the pan. There should be about 5 tablespoons of fat; if there is less, add enough butter to reach that amount. When the bacon has cooled, crumble it and set aside.

Add the onions, pepper, garlic, and jalapeño pepper to the skillet and cook over medium heat until soft, about 3 to 5 minutes.

Remove them to a bowl with a slotted spoon and set aside, again reserving the fat.

Pour the flour onto a plate and dredge the shrimps lightly in the flour. Reserve the flour. Reheat the bacon fat and brown the shrimps over medium heat for 2 to 3 minutes.

Remove them from the pan with a slotted spoon and set aside.

Return the onions, peppers, and garlic to the pan. Sprinkle with 2 tablespoons of the flour and sauté over medium heat to brown.

Add the water, Worcestershire sauce, soy sauce, lemon juice, and Tabasco sauce. Simmer uncovered for 30 minutes over low heat.

Add the shrimps, thyme, and 1 tablespoon of the parsley to the skillet.

Season with salt and pepper and continue cooking over low heat for 20 minutes, adding water as needed to create a thick sauce.

Serve the mixture over hot white grits and sprinkle with the crumbled bacon and remaining parsley.

## **NOTES**

Note: You could also serve over cheese grits if you want to add more complexity to the dish.

Estimate needing 1/2 cup cooked grits and 7-8 shrimp per full serving. This recipe would serve 8-10 people.

Smaller tasting servings can be served with 1/8 cup cooked grits and 2-3 shrimp per tasting. This recipe would serve about 20-30 tastings.