

Cajun sautéed Mississippi Gulf Shrimp and smoked sausage in a homemade BBQ sauce, piled high on goat-cheese grits.

TIME

45 minutes

SERVES

4

SEASON

spring, summer, fall, winter

METHOD

Sauté

INGREDIENTS

Grits

- 2 tbsp olive oil
- 8 oz smoked sausage
- 1 green bell pepper, chopped
- 1 white onion, chopped
- 3 stalks celery, chopped
- 1/4 bunch parsley, chopped
- 2 cups shrimp stock
- 2 cups whole milk
- 1/2 cup heavy cream
- 1 tbsp kosher salt
- 2 tbsp Cajun seasoning
- 1 cup white corn grits
- 4 oz goat cheese
- 6 tbsp butter
- 1 bunch green onions, chopped

Shrimp

- 1 1/2 lb jumbo Mississippi Gulf Shrimp, peeled and deveined (tail on)
- 2 tbsp Cajun seasoning
- 2 tbsp olive oil

Sauce

- 1 tbsp olive oil
- 3 cloves garlic, chopped
- 1 white onion, chopped
- 1 cup shrimp stock
- 12 oz dark beer
- 1–2 tsp Tabasco sauce
- 3 tbsp Worcestershire sauce

- fresh cracked pepper, to taste
- juice of 1 lemon
- 1 sprig rosemary
- 3 tbsp veal demi-glace
- 6 tbsp butter

DIRECTIONS

1. Start with the grits. In a large skillet over medium-high heat, add oil and sauté smoked sausage for 5 minutes. Add bell pepper, white onion and celery, and cook over medium heat for 5 minutes. Remove from heat. When cool, add chopped parsley.
2. In medium saucepan over medium-high heat, combine shrimp stock, milk, heavy cream, salt and Cajun seasoning, then bring to a boil. Slowly add the grits, stirring constantly until smooth.
3. Reduce heat to low and cook for 20–30 minutes, stirring occasionally until grits are cooked and liquid is absorbed.
4. Stir in goat cheese, green onions, butter and sausage mixture.
5. Season with salt and pepper. Taste and adjust seasoning, adding more Cajun seasoning if necessary. Reserve warm.
6. Next, season Mississippi Gulf Shrimp with Cajun seasoning.
7. In large sauté pan over medium-high heat, add the olive oil and seasoned shrimp. Cook for 3–4 minutes, turning once or until just cooked through. Remove from pan and reserve.
8. Lastly, for the sauce, add olive oil, garlic and onion to the sauté pan and cook 30 seconds. Add the shrimp stock, beer, Tabasco, Worcestershire sauce, cracked pepper, lemon juice, rosemary and demi-glace, and stir well. Cook for 10 minutes or until slightly thickened. Taste and adjust seasoning.
9. Strain sauce and then stir in butter.
10. To serve, spoon grits into a bowl and place shrimp on top. Pour sauce over and garnish with green onions.

Serving Suggestion: Skewer and grill the shrimp for a more dramatic presentation.