



Season 10 - Episode 1005

**Theme: Southern**

## **Shrimp and Grits**

*Makes 4 generous servings*

Prep time: 30 minutes

Cook time: 30 minutes

### **Ingredients:**

#### **For the shrimp**

1 lb. large raw shrimp, peeled and deveined

1 T. Cajun seasoning

1 ½ t. paprika

1 ½ t. Italian seasoning

Freshly ground black pepper to taste

#### **For the grits:**

1 cup chicken broth

1 T. butter

½ c. quick-cooking grits

1 ½ t. tomato paste

½ c. heavy cream

2 oz. sharp cheddar cheese, shredded

#### **For the sauce:**

1 T. butter

1 clove garlic, finely minced

4 t. flour

1/2 c. chicken stock

¼ cc. heavy cream

½ t. Worcestershire sauce

¼ t. hot sauce

1 slice cooked country ham diced

Chopped fresh parsley, optional

### **Preparation:**

1. Combine in a small bowl the shrimp, Cajun seasoning, paprika, Italian seasoning and the pepper. Toss until the shrimp are well coated. Set aside.

2. Add the chicken broth and 1 t. butter into a heavy saucepan. Bring the mixture to a full boil. Slowly add in the grits, and whisk constantly, cooking over medium-low heat for 5 minutes. Add the tomato paste, the cream and the cheddar cheese.
3. In a large skillet, melt 1 T. of butter over medium heat. Pour in the spiced shrimp and sear for about 2-3 minutes or until they are just done. Add the garlic and cook, stirring for about 30 seconds. Remove the shrimp from the pan to a clean bowl and set aside.
4. Return the pan to the stove. Add the flour to the drippings, stirring to make a roux. Cook the roux for 10 minutes until medium tan in color. Slowly whisk in the chicken stock and the cream. Cook for 2 minutes and then add the Worcestershire sauce, hot sauce and country ham.
5. To serve, place the shrimp on a bed of the hot grits and top with the sauce. Scatter parsley over the top.

### **Sylvia's Steamin' Cornbread**

*Makes 15 servings*

#### **Ingredients:**

2 c. yellow cornmeal  
2 c. all-purpose flour  
1 c. sugar  
2 T. baking powder  
1 ½ t, salt  
1 c. vegetable oil  
5 large eggs

1. Preheat the oven to 350 degrees. Grease a 9x13x2-inch baking pan.
2. In a large bowl or on a piece of waxed paper, stir together the cornmeal, flour, sugar, baking powder and salt; set aside.
3. In a large bowl, beat together the milk, oil and eggs. Add the cornmeal-flour mixture and stir until just combined. Pour into the prepared pan and bake for 40-45 minutes or until a toothpick inserted into the center comes out clean.
4. Cool in the pan, then cut into 15 squares.

## **Collard Greens**

1. Use 2 pounds collard greens. Cut greens in slices.
2. Add  $\frac{1}{4}$  cup cooking oil to a large frying pan. Add salt and pepper and add the greens. You could also fry  $\frac{1}{2}$  pound bacon, cut in pieces.
3. Cook for 20-30 minutes.
4. Season the greens with  $\frac{1}{2}$  smashed garlic bud. Add  $\frac{1}{2}$  pound to 1 pound of sliced ham or turkey. You can omit the meat.
5. Add 1 cup chicken or vegetable broth and adjust seasoning. Cook 15 minutes. More.

Serve with the Shrimp and grits, Corn bread and sweet tea.