



*Recipe Created by Fio Antognini
Executive Chef, Green Valley Spa &
Resort*

The Green Valley Spa's Shrimp & Grits

YIELD: 4 SERVINGS

Ingredients:

¼ cup Quaker Instant Grits
3 cups water
¼ cup roasted red bell pepper, diced
1 teaspoon curry powder
Dash of sea salt
1 Tablespoon olive oil
2 Tablespoons chopped onion
½ cup sliced mushrooms
½ lb. (8 oz.) raw, peeled and de-veined shrimp (cut into bite-size pieces)
¼ cup white wine
1½ teaspoons Dijon mustard
2 Tablespoons fat-free sour cream
1 teaspoon low-sodium soy sauce
1 to 2 teaspoons hot sauce (your favorite brand: mild, medium or hot)
Chopped parsley for garnish

Cooking:

Prepare Quaker Instant Grits according to package directions. Add curry and bell peppers; stir well over low heat for 1 minute to allow flavors to meld. Cover and keep warm.

In a large sauté pan, heat olive oil. Add onions and cook for 2 minutes over medium-high heat stirring occasionally. Add mushrooms, stir to combine, and cook for 3 minutes. Add shrimp, stir to combine, and cook for 2 minutes. In a bowl, mix the white wine, mustard, sour cream, soy sauce and hot sauce. Pour mixture into pan while stirring with shrimp and vegetables. Simmer uncovered for 2 minutes.

To serve, ladle an even amount of grits onto 4 dinner plates, creating a large, thin "circle" of grits on each. Spoon the shrimp mixture onto the center of grits. Garnish each plate with a sprinkling of chopped parsley, and serve.

Optional garnish: crumbled turkey bacon



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Baked Cheese Garlic Grits

- 1-cup Quaker Enriched White Hominy Quick Grits
- 1-teaspoon salt
- 4-cups boiling water
- 1-½ cups (6oz) shredded Sharp Cheddar Cheese
- ½ cup butter or margarine
- ½ cup milk
- 2 eggs, beaten
- 1 small garlic clove, minced

Heat oven to 350F. Stir grits into salted boiling water in large heavy saucepan. Return to boil. Reduce heat; cook for 2-1/2 to 5 minutes, stirring occasionally. Add cheese, butter, milk, eggs and garlic, stirring until cheese is melted. Pour into greased 2 quart casserole or baking dish. Bake 1 hour.

6 servings

The Quaker Oats Company



Fried Grits Cakes with Sausage

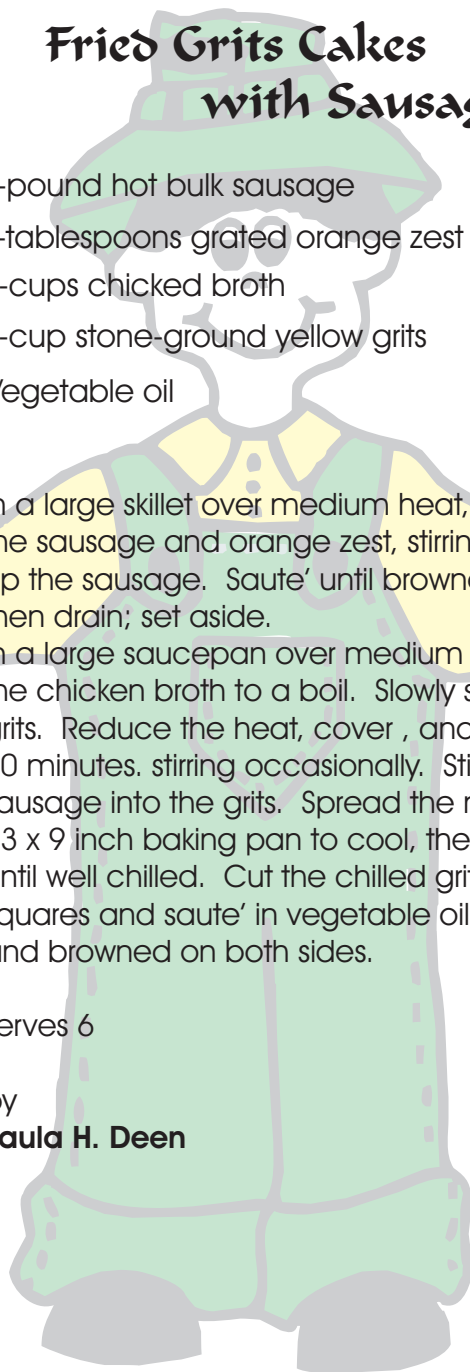
- 1-pound hot bulk sausage
- 2-tablespoons grated orange zest
- 4-cups chicked broth
- 1-cup stone-ground yellow grits
- Vegetable oil

In a large skillet over medium heat, combine the sausage and orange zest, stirring to break up the sausage. Saute' until browned and then drain; set aside.

In a large saucepan over medium heat, bring the chicken broth to a boil. Slowly stir in the grits. Reduce the heat, cover, and simmer for 20 minutes, stirring occasionally. Stir the sausage into the grits. Spread the mixture in a 13 x 9 inch baking pan to cool, then refrigerate until well chilled. Cut the chilled grits into squares and saute' in vegetable oil until crisp and browned on both sides.

serves 6

by
Paula H. Deen



Hush Puppy Grits

- 1-beaten egg
- ½-cup buttermilk
- 1-cup grits
- ¼ cup all-purpose flour
- 2-teaspoons sugar
- ¾ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon sea salt
- Shortening or cooking oil for deepfat frying
- Freshly ground black pepper

In a bowl stir together the egg and buttermilk. In another bowl combine the grits, flour, sugar, baking powder, baking soda and ¼ teaspoon sea salt. Add the egg mixture to the grits mixture. Stir just until moist. Heat the sortening to 375 degrees F. Droop the batter by tablespoon into the deep hot fat. Fry about 3 minutes or until golden brown, turning once. Drain the hush puppies on paper towels and season with pepper to taste.

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