



Creole Shrimp and Grits



Don't let the name scare you, this recipe does have a little heat but you can adjust the seasoning any way you wish. The grits are creamier than normal, although you can always serve over rice. Comparable to Hurricane Charlie's.

Ingredients:

Full Recipe (6 to 8 servings)	Half Recipe
2 lbs. unpeeled medium size shrimp	1 lb.
1/4 cup vegetable oil	2 Tbs.
1/3 cup all purpose flour	2 Tbs. + 2 tsp.
1 medium onion, finely chopped	1/2
2 celery ribs	1
1 medium size green pepper	1/2
2 garlic cloves	1
1 can tomato paste-6 oz	3 oz
1 bay leaf	1
1 1/2 tsp. Creole Seasoning	3/4 tsp.
1 tsp. lemon juice	1/2 tsp.
1/2 tsp. Worcestershire sauce	1/4 tsp.
2 1/2 cups milk	1 1/4 cup
2 1/2 cups water	1 1/4 cup
1 tsp. salt	1/2 tsp
1 1/2 cups uncooked quick-cooking grits	3/4 cup

1. Peel shrimp, reserving shells, devein shrimp, if desired. Bring shells and 4 cups water to boil (2 cups for half recipe) in a medium sauce pan over medium-high heat. Reduce to low, and cook 20 minutes. Pour shrimp broth through a colander over a large bowl, pressing shells with back of spoon. Discard shells.
2. Heat oil in a Dutch oven over medium heat; stir in flour and cook, stirring constantly until flour is caramel colored (about 8 to 10 min.) Add onion, celery, green pepper, and garlic; and cook 5 to 7 minutes or until tender, stirring often. Stir in 2 cups shrimp broth (1 cup for half recipe), tomato paste, bay leaf, Creole seasoning, lemon juice and Worcestershire sauce. Reduce heat to low and cook 45 minutes, stirring occasionally. Add shrimp and cook 10 minutes, stirring in remaining shrimp broth to reach desired consistency.
3. Meanwhile, bring milk, water and salt to boil in a saucepan over high heat. Gradually stir in grits. Reduce heat to low, and simmer, stirring occasionally, 10 to 12 minutes or until thickened.
4. Serve Creole Shrimp over grits or rice.