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## **Cajun Shrimp & Grits**

### **Chef Tiwana Williams, PearlFlower Catering**

#### Ingredients

##### FOR GRITS

2 cups Anson Mills stone ground grits  
8 cups water  
2 cups half & half  
1/4 cup butter or butter alternative + more for serving (half of a stick total)

##### FOR ANDOUILLE SAUSAGE

1 lb smoked Andouille sausage  
3 colorful peppers (red | yellow | orange | green)  
1 onion (red or white)

##### FOR SHRIMP + ROUX

1 lb shrimp peeled and deveined (size/tail on or off to preference)  
4 tablespoons Pearl's Seasoning blend (or any grocery brand Cajun or blackening seasoning)  
Olive oil  
Lemon juice from 1/2 lemon  
2 tablespoons flour  
2 cups chicken stock  
1 cup half & half

##### GARNISH

Cheddar or smoked Gouda cheese (optional)  
Bacon (optional)  
Chopped Scallions (optional)

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The cooking show will air beginning at 6:00 p.m. on Sunday, August 23. To view the shows, go to [facebook.com/universitycircle](https://facebook.com/universitycircle) or [youtube.com/universitycircleinc](https://youtube.com/universitycircleinc). Videos will remain on the Circle Connects webpage ([universitycircle.org/circleconnects](https://universitycircle.org/circleconnects)) in case you cannot make the start time.



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### Directions

#### *Grits*

Grits are best if soaked overnight or for a few hours. If soaking, use the grits-to-water ratio above and cook them in the soaking liquid. Use a medium heavy-bottom sauce pan or Instant Pot pressure cooker.

Set the saucepan over medium heat. Add butter, 2 cups half & half, and garlic salt to the grits. Stir frequently until they come to a boil. Once they come to a boil, turn heat on low. Cover if possible, stirring frequently for about 30 minutes until grits are creamy (15 minutes if the grits were soaked overnight).

#### *Andouille Sausage*

Slice sausage in 1-2 inch thick slices set aside. Cut peppers & onion (thick chunks or julienne strips) set aside. Place 1 tablespoon olive oil in sauté pan on medium to high heat. Add veggies and sausage. Sauté until veggies are tender and sausage has a slight char on edges.

#### *Shrimp + Roux*

Add 1/2 cup olive oil, juice from 1/2 lemon and Pearl's Seasoning or Cajun seasoning to shrimp. Stir to make sure all the shrimp are coated with oil and seasoning. Marinate overnight if possible (but if not, it can be used right away).

Heat a frying or sauté pan on medium to high heat. Add the shrimp/marinade mixture. Halfway through cooking, push all of the shrimp to one side of the pan or remove them from pan. Use the oil in the pan to make a roux. Add flour to the oil in the pan whisk until a paste forms. Add half & half, whisk, and then add broth. Let simmer and return shrimp to pan. Let simmer to desired thickness.

It's now time to plate your shrimp & grits! Start with creamy buttered grits as your base. Add sausage and top with shrimp. Be sure to ladle some of the delicious roux over the top and add bacon, cheese, and scallions for garnish to taste!

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