

Shrimp and Grits - Classic southern dish but with a healthy twist! Packed with flavor and seasonal southern ingredients all while staying true to its roots.

Ingredients

Grits

- 2 cups of water
- 2 cups plant-based unsweetened milk
- 1 cup instant grits
- 1 Tbsp grass-fed butter

Shrimp

- 1 lb medium-large raw shrimp peeled, deveined, tail-on
- 1 tsp cajun seasoning
- ½ lemon
- 1 Tbsp olive oil

Sauce

- 1 tbsp gluten-free flour
- 1 tsp low-sodium worcheshire sauce
- ½ medium onion, chopped
- 1 jalapeno pepper, seeded and chopped
- 3 cloves garlic, minced
- 1 fennel bulb, white part thinly sliced
- ½ cup chicken or seafood broth/stock
- ¼ cup dry white wine
- 1 Tbsp grass-fed butter
- Salt, hot sauce, and red pepper flakes to taste

Add ons

- 6 oz whole okra
- 1 tbsp grass-fed butter
- 8 slices cooked bacon

Garnish: Fennel fronds

Instructions

1. To prepare the grits: Bring 2 cups of water and milk in a medium saucepan until just simmering. Stir grits into the simmering water and milk. Cook, while stirring often, until the grits are tender to the bite and have thickened to the consistency of oatmeal. As the

grits thicken, stir them more often to keep them from sticking and scorching. Season grits generously with salt and stir in the butter. Remove from heat and let rest, covered, until serving. Serve hot.

2. To cook the shrimp, toss them with the Cajun seasoning. Add the olive oil to a large skillet over medium-high heat and add the shrimp. Saute until opaque (about 2 min) and remove from skillet. Squeeze the juice of 1/2 lemon and set aside.
3. Add the flour to drippings in the skillet and whisk well. Add the onion, jalapeno, and fennel; saute about 5 minutes. Add the garlic and saute for another minute. Add the stock and simmer until reduced by half (about 10 minutes). Add the worcheshire, wine, and butter. Taste for seasoning, and add salt if you like. I love it spicy so I add red pepper flakes and hot sauce to mine.
4. To pan-fry okra: Cut okra in half; long wise or chopped. Heat a pad of butter to a medium skillet over medium-high heat. Once the butter is melted, add okra. Cook for about 5 minutes or until each side is brown and crispy.
5. Serve immediately over the warm grits. Add slices of cooked bacon and pan-fried okra. Garnish with fennel fronds for color and enjoy!