

# MY HUSBAND COOKS:

A TASTY LOOK AT THE FOOD HE MAKES AND I EAT.

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## **Spicy Shrimp and Grits**

*Servings:* 4

*Time:* 30 min

*Ingredients:*

### cheese grits:

6 cup water/chicken stock

2 cup stone ground grits/polenta

1/4 cup grated parmesan

1/4 cup mild cheddar cheese

2 Tbsp. salt

### *Directions:*

1. In a large pot, add the water/stock and the salt. Bring the water to a boil.
2. Turn down the heat to medium or medium low. Add the grits and whisk regularly. Cook for 5-10 min. You are look for a creamy consistency.
3. Turn down the heat to a simmer. Add the cheese and whisk until integrated. Cover until ready to serve.

### spicy shrimp:

1 lbs. shrimp

3 carrots (chopped)

3 cloves garlic (minced)

2 ribs celery (chopped)

1 shallot (diced)

1 jalapeño (sliced)

1 cup beer (light/wheat) or white wine

3 Tbsp. olive oil

1 Tbsp. fresh cilantro (finely chopped)

juice of 1 lime

salt

pepper

### spice mix:

1 tsp. paprika

1/2 tsp. cumin

1/4 tsp. cayenne pepper

1/4 tsp. dry mustard  
1/4 tsp. red pepper flake  
1 tsp. salt

*Direction:*

1. In a medium-sized pot over high heat, add the olive oil. Once the olive oil is hot enough to shimmer (about 30 seconds), add the carrots, celery, shallots, and jalapeño. After about 3 min, turn down the heat to medium and add the garlic. Cook for another 2-3 min while stirring regularly.
2. Add the spice mix, and cook for another 2-3 min. You are trying to toast the spices. Be careful not to let them burn. By the end of this period, the shallot should be nearly transparent and the other vegetables should be soft.
3. Add the beer or wine. Turn up the heat to bring to a boil.

(NOTE: I've made shrimp with both beer and wine. My recommendation is that you choose a beer that is light in color and flavor. My preferences are towards a wheat beer like a hefeweizen or a pilsner—something light and refreshing. As for wine, my preference is towards a chardonnay on the dry side. Experiment or use what you have on hand. I also suspect if you don't use alcohol, a chicken stock will serve the purpose of the dish as well.)

4. Add the cilantro, lime juice and shrimp. Stir until the shrimp are integrated. The shrimp should already begin to turn pink. Turn down the heat to medium low, cover the pot with a lid and let cook for 5 min or until the shrimp are done.

(NOTE: I peel my shrimp before cooking. I like this being a one bowl dish, and I can take care of the mess of the shells before cooking. However, I can see an argument that leaving the shells on the shrimp will likely protect the meat better and leave it more tender. I think this is a choice you can make.)

5. Turn off the heat. Serve the shrimp, including the liquid, over the cheese grits. Salt and pepper to taste. Enjoy!