
Shrimp and Grits Dressing

The Essential Southern Living Cookbook

Preparation Time: 35 minutes

Start to Finish Time: 1 hour 50 minutes

In the South, we serve dressing - mostly varieties of cornbread dressing. This twist on another Southern staple proves that southerners aren't afraid to re-imagine any dish as a form of this traditional holiday side.

1 pound medium raw shrimp, peeled

3 cups chicken broth

1/2 teaspoon table salt

1/4 teaspoon cayenne pepper

1 cup uncooked regular grits

1/2 cup butter

3 large eggs, lightly beaten

1 red bell pepper, diced

1 cup fine dry breadcrumbs

1 cup scallions, chopped

1/2 cup grated Parmesan cheese

Preheat the oven to 325 degrees. Devein the shrimp, if desired.

In a large saucepan over medium-high heat, bring the broth, salt and cayenne pepper to a boil. Whisk in the grits and return to a boil. Reduce the heat to low. Stir in the butter. Cover and simmer, stirring occasionally, for 10 minutes or until the liquid is absorbed. Remove from the heat.

In a large bowl, stir together the eggs, bell pepper, breadcrumbs, scallions and Parmesan cheese. Gradually stir about one-fourth of the hot grits mixture into the egg mixture. Add the egg mixture to the remaining hot grits mixture, stirring constantly. Stir in the shrimp until blended.

Pour the dressing into a lightly greased 11 x 7-inch baking dish.

Bake until the dressing is set, 55 minutes to one hour.

Let stand for 10 minutes.

Yield: 6 to 8 servings

Side Dishes

Per Serving (excluding unknown items): 1823 Calories; 129g Fat (63.7% calories from fat); 67g Protein; 99g Carbohydrate; 8g Dietary Fiber; 916mg Cholesterol; 6292mg Sodium. Exchanges: 5 Grain(Starch); 6 Lean Meat; 2 1/2 Vegetable; 21 1/2 Fat.