
Chicageaux Shrimp and Grits

Chef Chicageaux

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

FOR SHRIMP

1 tablespoon butter

1 tablespoon avocado oil

4 cloves garlic, minced

2 pounds (21 - 25 count) jumbo shrimp, peeled and deveined

1/4 teaspoon salt

1/2 teaspoon black pepper

FOR GRITS

2 cups low-sodium chicken broth

1/2 cup whipping cream

1/4 teaspoon salt

3/4 cup quick-cooking grits

1/4 cup mascarpone cheese

3 tablespoons butter

FOR CREAMY CAJUN SAUCE

2 cups whipping cream

1 tablespoon smoked paprika

1 tablespoon chili powder

1 tablespoon garlic powder

1 teaspoon reduced-sodium instant chicken bouillon granules

1/4 teaspoon cayenne pepper

1/3 cup (one bunch) fresh parsley, finely chopped

finely chopped fresh parsley (for garnish)

Prepare the shrimp: In a large skillet over medium-high heat, heat the butter and oil. Add the minced garlic. Saute' until fragrant, 30 seconds to 1 minute. Add the shrimp and season with salt and pepper. Cook, stirring, just until the shrimp begins to turn pink, about 4 minutes.

Prepare the grits: In a saucepan, bring the broth, whipping cream and salt to a boil. Stir in the grits. Reduce the heat to medium-low. Cook, covered and stirring occasionally, until the broth is absorbed, 5 to 7 minutes. Stir in the mascarpone and butter until thoroughly blended.

In a saucepan, stir together the whipping cream, paprika, chili powder, garlic powder, bouillon and cayenne. Bring to a boil. Reduce the heat to medium. Simmer, stirring occasionally, until thickened, 15 to 20 minutes. Stir in the parsley. Serve with the shrimp and grits, garnished with additional parsley.

Seafood

Per Serving (excluding unknown items): 549 Calories; 50g Fat (78.6% calories from fat); 9g Protein; 22g Carbohydrate; 1g Dietary Fiber; 167mg Cholesterol; 328mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 10 Fat.