

The Great American Cookbook

GRITS WITH GREENS AND SHRIMP

MAKES 4-6 SERVINGS | PREP TIME: 10 MIN | COOK TIME: 1½-2½ HOURS | SKILL LEVEL: 1 (EASY)

INGREDIENTS

2 cups (480 ml) milk
2 cups (480 ml) water
1 cup (160 g) grits,
preferably stone-ground
1 clove garlic, chopped
1 cup (240 ml) heavy
cream
1-2 cups (120-240 g)
freshly grated Parmesan
cheese, reserving a little
for garnish
¼-½ cup (60-120 g)
butter
1 lb (450 g) shrimp,
peeled and deveined
1-2 cups (55-70 g) baby
spinach or arugula,
washed and dried
Salt and freshly ground
pepper

METHOD

Bring the milk and water to a simmer in a heavy-bottomed nonstick saucepan over medium heat. Add the grits and the garlic and bring just to a boil. Reduce the heat and cook until soft and creamy, adding heavy cream as needed to make a looser but not runny mixture. The cooking time for grits can vary widely depending on the type from 35 minutes to 7 hours, so check the instructions on the package. Add as much butter and cheese as desired, stirring to make sure the cheese doesn't stick. Add the shrimp and stir over low heat until pink, 2-5 minutes.

Set aside a few greens for garnish. Fold the remaining greens into the hot grits and remove from the heat. The greens will cook in the hot grits. Taste and season with salt and pepper. Serve in a chafing dish for a party or individually for an appetizer or main course, garnished with Parmesan cheese and greens.

NOTE

For a variation, add just enough cream to the grits to make them the consistency of a dip. Chop the shrimp and the greens before adding to the hot grits. Serve with crisp tostato cups.



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