



Shrimp & Quinoa Grits Bowl

Equipment needed: sauté pan, stove top, sauce pan

Yield: 4 bowls

Ingredients

Quinoa Grits

- 6 cups #618222 Red, Black, White Quinoa Blend
- 3 cups chicken stock
- ½ cup heavy cream
- 4 tbs butter
- 14.75 oz cream-style corn
- 3 tsp salt
- 3 tbs honey
- 3 cups grated cheddar cheese

Shrimp

- 1 lb raw shrimp, peeled & deveined
- 1 tbs cooking oil
- 1 tsp Cajun seasoning
- 1 tsp Old Bay seasoning
- 4 oz diced raw bacon
- ¼ cup diced onion
- ¼ cup diced red bell pepper
- ¼ cup diced celery

- 1 tsp minced garlic
- 1 tsp AP flour
- 1 cup seafood stock
- 2 tsp Worcestershire sauce
- 2 tsp white wine
- 2 tsp lemon juice
- 1 oz sliced scallions



Preparation:

For the quinoa grits:

- 1) Combine chicken stock, heavy cream, butter, cream style corn, salt and honey in a medium sauce pan and bring to a simmer
- 2) Add quinoa, cover with lid and cook on low for 15-20 minutes
- 3) Slowly stir in grated cheddar, one handful at a time ensuring cheese is melted before adding more
- 4) Keep warm and set aside for service

For the shrimp:

- 1) Mix shrimp with oil, Cajun and Old Bay seasonings, set aside in refrigerator until ready for use

- 2) Heat medium sauté pan and add bacon, cooking until bacon is crispy. Remove from bacon from pan with slotted spoon and set aside on paper towel to drain excess grease
- 3) Remove all but 1 tbs of bacon grease from pan
- 4) Add onion, celery, bell pepper, garlic and sauté 1 minute
- 5) Add shrimp and sear 1 minute on each side
- 6) Stir in flour and cook 1 more minute
- 7) Add seafood stock, Worcestershire sauce, white wine and lemon juice and simmer 2 -3 minutes
- 8) Serve shrimp in a bowl over quinoa grits
- 9) Garnish with fresh scallions, hot sauce and lemon