

Bayou Country Grits a YaYa

Southern Style Grits with Smoked Gouda Cheese, Garlic Shrimp & Button Mushrooms
1st Place winner of the First Annual Stone Ground Grits Competition

This dish calls for shrimp sautéed in a garlic sauce with bell pepper, green onion and sliced mushrooms served over a bowl of steaming hot, southern style grits with smoked Gouda cheese. I had a similar dish at the Fish House Restaurant in Pensacola and came home and created my own version of it. Julie and I entered it in the First Annual Stone Ground Grits competition at LSU and took first place.

Ingredients:

6 cups chicken broth	1 cup chopped green onions
1 cup milk	1 cup sliced button mushrooms
2 cups quick grits	1 tablespoon minced garlic
6 ounces grated smoked Gouda cheese	2 pounds shrimp, peeled and deveined
2 tablespoons olive oil	Creole Seasoning to taste
½ stick butter	¼ cup finely chopped parsley
½ green bell pepper	½ teaspoon Louisiana Hot Sauce

Directions:

Combine the chicken broth and milk in a saucepan over medium heat. Bring to a boil and stir in the grits. When the grits start to thicken, stir in the smoked Gouda cheese and simmer. Stir occasionally until grits are tick and ready to eat. Quick grits usually take about 5 minutes to cook.

While the grits are cooking, heat up the olive oil and butter in a cast iron skillet over medium heat. Sauté the bell pepper, mushrooms, green onions and minced garlic. Season shrimp with Creole Seasoning before adding to the sauté mixture. Cook shrimp in mixture for about 7 minutes. Sprinkle in a pinch of parsley, adjust seasoning, and add Louisiana Hot Sauce.

Serve the smoked Gouda cheese grits with a generous portion of the sautéed shrimp and mushroom sauce poured over it. Garnish with a pinch of fresh chopped parsley.

Jerry Folse