



SHRIMP AND GRITS, Arnold Adaptation*

For the Grits:

Using one cup of best available stone ground grits, cook per label instructions with Swanson's low-sodium chicken broth and stir in 1/3 cup grated white cheddar cheese during the final minute of cooking.

For the Shrimp:

2 tablespoons finely diced onion

2 tablespoons finely diced red bell pepper

2 ounces good country ham, finely diced

Optional: 2-3 tablespoons dry white wine or vermouth

2 ounces unsalted butter

½ cup shrimp stock made from shrimp shells (boil all shells in water for this)

6 dashes Tabasco

½ cup heavy cream

1 pound medium shrimp, peeled and deveined

1 tablespoon snipped chives

To make the shrimp: In a large non-reactive skillet over medium heat, cook onions, bell pepper and ham* in butter until onions are translucent. Add the dry wine. Add stock and Tabasco. Deglaze pan by using liquid to scrape up any browned bits stuck to the bottom of the pan. Cook until amount of liquid is reduced by half. Add cream and reduce to a loose sauce. Add shrimp, stir and cook until sauce consistency is reached. Add chives and season.

Spoon grits into individual serving bowls and spoon shrimp and sauce over grits.

Makes 4 servings.

*Note: Prosciutto or bacon may be substituted for country ham.

*Adapted from Chef Michael Lata's recipe at Anson Restaurant, Charleston, SC

Hap and Jennie Arnold were customers of ours at our Mooresville location until his death from a stroke July 4, 2016. Hap had great passion for good food, particularly fresh seafood, and was willing to make a 50 mile trek to get it several times a year. I'll miss my friend. This is his rendition of a great recipe.