



Shrimp and Grits with Pepper Smoked Jowl Bacon

Servings: 4

Active Cooking Time: 1 Hour

Ingredients for the Grits

4 cups	Whole Milk
1 cup	Anson Mills Stone Ground Quick Grits
1 tsp + 1 tsp	Sea Salt
To Taste	Black Pepper
1 cup	White Cheddar Cheese
All rendered	Jowl Bacon Drippings

Ingredients for the Shrimp

8 ounces	Pepper Smoked Jowl Bacon, cut into into ¼"x1" strips	1 each	Bay Leaf
		To Taste	Black Pepper
4 cups	Water	To Taste	Sea Salt
1 lb	Whole Wild Caught American Shrimp, Peel and reserve shells and heads	1 teaspoon	Tomato Paste
		¼ each	Lemon, zested
1 each	Onion, peeled and sliced thin	8 each	Brussel Sprouts, blanched in salted water for 5 minutes then cut into four pieces
4 cloves	Garlic, peeled and sliced thin		
1 each	Carrot, peeled and rough chopped	½ cup	Dry Sherry
2 sprigs	Thyme	1 tablespoon	Flour
		2 tablespoon	Butter, whole

Method of Preparation

1. In a medium sauce pan combine the grits and the milk. Allow the grits to settle and skim off any hulls that rise to the surface with a fine screen.
2. Cook over medium heat for about 5-10 minutes. Stir constantly with a wooden spoon.
3. Lower the heat and continue to cook the grits until they become creamy. This will take about 30 minutes. About halfway through add 1 teaspoon of the sea salt and the black pepper.
4. While these are cooking start your shrimp quick shrimp stock. In a sauce pan, combine your shrimp peels, heads, onion, garlic, carrot, thyme, bay leaf and tomato paste. Cover with water, heat to a boil and then reduce to simmer.
5. Cook for one hour.
6. In a sauté pan cook the bacon with 2 tablespoons of water over medium high heat until the water has evaporated and the bacon becomes crispy. Remove the bacon from the pan and cool on a towel. Drain remaining drippings into the grits. Leave a thin layer in the pan.
7. Fold the bacon drippings and white cheddar into the grits, season, cover and keep warm.
8. Meanwhile in the sauté pan with the remaining bacon drippings quickly sauté the shrimp and the Brussel sprouts over medium high heat. Cook until the shrimp are firm, pink and tender. About 5 minutes. Remove the shrimp and brussel sprouts and keep warm.
9. Deglaze the pan with the sherry. Reduce until almost evaporated. Strain the shrimp stock into the pan, add lemon zest and heat to a boil then reduce to a simmer. Combine the butter and flour. Then whisk the mixture into the sauce. Cook for an additional 3 minutes or until sauce has thickened.
10. Return shrimp, brussel sprouts and bacon to the sauce and re-warm.
11. Spoon grits into a shallow bowl. Evenly disperse the shrimp, bacon and Brussel Sprouts between the bowls. Make sure your bowl has the most bacon.
12. Serve with a rich coffee stout or mocha porter.