



ANSON MILLS

Shrimp and Grits

Yield

6 first course portions or 4 main course portions

Time

About 1³/₄ hours start to finish, not including the time it takes to cook the grits

Equipment Mise en Place

For this recipe, you will need a medium heavy-bottomed saucepan, a fine-mesh strainer, a small saucepan, a large nonstick skillet, a pair of tongs, a warm plate to hold the cooked shrimp, and a whisk.

Ingredients

1 pound 31/40 or 26/30 shell-on shrimp
1 tablespoon olive oil
1 medium onion, finely diced
1 small celery rib, finely diced
2 large garlic cloves, sliced
4 cups spring or filtered water
1 teaspoon tomato paste
3 sprigs fresh thyme
1 Turkish bay leaf
1 teaspoon cracked black peppercorns
1 strip lemon zest
2 tablespoons unsalted butter, room temperature
1 tablespoon all-purpose flour
2 ounces thick-cut bacon or real country ham, minced (3 tablespoons)
2 medium shallots, minced (1/4 cup)
Fine sea salt
1/2 teaspoon red pepper flakes
1/2 teaspoon freshly ground black pepper
1 recipe hot, freshly prepared Anson Mills Coarse Grits or Quick Grits
1 scallion, white and green part, thinly sliced

Directions

1. Peel and, if desired, devein the shrimp, reserving the shells. Dry the shrimp between layers of paper towels and refrigerate until ready to use.
2. Heat the olive oil in a medium heavy-bottomed saucepan over medium heat. Add the shrimp shells, onion, celery, and garlic and sauté until the shells are crisp and the vegetables have softened, about 10 minutes. Add the water, tomato paste, thyme, bay, peppercorns, and lemon



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peel. Cover and bring to a simmer, then reduce the heat and simmer, partially covered, until the

stock is flavorful and reduced, about 1 hour. Pour the stock through a fine-mesh strainer set over a small saucepan (you should have about 1½ cups strained stock), cover the saucepan, and keep hot over low heat while you cook the shrimp.

3. While the stock is simmering, in a small bowl, mash the butter and flour to a smooth paste and set aside.

4. In a large nonstick skillet, sauté the bacon or ham over medium-low heat until crisp, 8 to 10 minutes. Move it to the periphery of the skillet and increase the heat to medium. Arrange the shrimp in a single layer and sear until pink, about 2 minutes. Sprinkle the shallots over the shrimp, toss to combine, and continue to cook just until the shrimp turn opaque, about 1 minute. Sprinkle with 1 teaspoon salt, the red pepper flakes, and the black pepper and toss well. Using tongs, transfer the shrimp to a warm plate. Add the hot shrimp stock to the skillet, increase the heat to high, and bring to a boil. Whisk in the butter-flour mixture, return to a boil, and cook until the sauce is thickened, about 20 seconds. Return the shrimp to the skillet and stir to coat them with sauce. Taste the sauce for seasoning and add more salt, if desired.

5. To serve, spoon the hot grits into shallow bowls. Top with the shrimp and sauce, dividing them evenly, and sprinkle with sliced scallion. Serve immediately.