



Makes 4 Servings

**Use Chantal® Copper Fusion® 5 Qt. Stockpot and
Copper Fusion® 10" Fry Pan**



Nancy Waldeck's BBLD Shrimp and Grits

Great for Breakfast, Brunch, Lunch or Dinner!

Ingredients for the Grits:

- 1½ cups Stone-ground Grits
- 1 Tsp Kosher or Sea Salt
- ¼ Cup Soft Low Fat Cream Cheese
- ½ Cup Shredded Parmesan
- Bottle of Hot Chipotle Pepper Sauce

Preparation:

1. Bring 6 cups of water and 1 teaspoon salt to a boil in the Stockpot. Whisk in the grits, reduce the heat to a simmer and cook over low heat for about 30 to 40 minutes, stirring often until creamy.
2. When the grits are creamy blend in the cream cheese and the Parmesan. Top the grits with the shrimp and gravy. Serve sprinkled with the bacon and accompanied by hot pepper sauce.



Ingredients for the Shrimp and Gravy:

1 pound Large Shrimp, peeled,
deveined and halved lengthwise

Juice of 1 lemon

1 Teaspoon Kosher or Sea Salt

½ Teaspoon Smoked Paprika

2 Slices Bacon, Finely Chopped

½ Cup Minced Red Onion

½ Cup Minced Red Bell Pepper

6 Scallions, Chopped

1 Garlic Clove, Minced or Grated

2 Tablespoons All Purpose Flour

1 Cup Low Fat/Salt Chicken Stock

Kosher or Sea Salt and Freshly
Cracked Black Pepper to Taste



Preparation:

1. Toss the shrimp with the juice, salt and paprika.
Set aside.
2. Fry the bacon in the Fry Pan until crispy. Remove and set aside. Add the onion, and pepper, sauté until wilted, about 5 minutes. Add the scallions and garlic; sprinkle the flour over the mixture, sauté for 2 minutes. Stir in the stock and cook for 5 minutes. Add the shrimp to the gravy, sauté until just pink and season with salt and pepper. Ready to serve.