

FOREST FRESH ALASKA

Cheesy Shrimp & Grits



PREP TIME
15 minutes

COOK TIME
30 minutes

READY IN
45 minutes



SERVINGS
6-8

OCEAN FOREST
INGREDIENTS

Shrimp

FOREST
INGREDIENTS

Mushrooms

Ingredients

GRITS:

2 cups low fat milk
2 cups water
1 tsp salt
1 cup yellow cornmeal grits
2 Tbsp salted butter

Steps

- To prepare the grits, heat milk, water and salt in a large pot over medium high heat. When liquid begins to simmer, whisk in the grits and continue whisking until they begin to thicken. Cook for 10-15 minutes or until thickened, stirring occasionally.
- Remove from heat and stir in butter and shredded cheese. Set aside.
- Rinse the shrimp in cold water and drain. Pat dry.

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1 cup shredded white cheddar cheese

SHRIMP & SAUCE:

1 cup mushrooms, *chopped*

2 Tbsp butter

1 ½ lb shrimp, *peeled & deveined*

1 ½ cups chopped onion

3 cloves garlic, *minced*

3 Tbsp cornstarch

1 ½ cups low sodium chicken broth

1 cup heavy cream

1 Tbsp butter

1 tsp cayenne pepper

1 tsp hot sauce, such as

Barnacle Foods Bullwhip Hot Sauce

½ tsp Kosher salt

½ tsp freshly ground black pepper

1 tsp fresh thyme, chopped

½ cup chopped green onions

¼ cup chopped fresh parsley

- To create the sauce, heat butter in a large skillet over medium-high heat. Add chopped mushrooms and sauté for 3-4 minutes or until dark and glossy. Place in a bowl.
- In the same saucepan add the shrimp. Cook for 1 -2 minutes on each side. Remove the shrimp to a paper towel lined plate.
- Add the onions to the skillet and cook until translucent. Add garlic and cook for one minute.
- Sprinkle cornstarch over the onion and garlic and stir.
- Add chicken broth and whisk until the sauce begins to thicken.
- Whisk in cream, butter, cayenne pepper, hot sauce, salt, pepper and fresh thyme. Cook until the sauce thickens to a gravy consistency.
- Transfer the shrimp back to the pan and allow to cook 3-4 minutes, being sure to not overcook them.
- Stir in the green onions, parsley and cooked mushrooms.
- Serve right away by spooning a cup of grits into a bowl. Top with a large spoonful of gravy. Make sure there are several shrimp on top. Garnish with a sprig of fresh thyme.

Notes

This is the ultimate comfort food that makes your tummy warm and cozy. We used fresh portobello mushrooms, but feel free to substitute with any of your forest fresh mushrooms you have available. If you don't have cornstarch you can replace with flour and it still thickened nicely. Mary recommends subbing the heavy cream with canned coconut milk.

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So many ways to improvise here. Enjoy!