

New Orleans Shrimp & Cauliflower Grits



Enjoy this lighter take on a classic Southern dish without sacrificing flavor. Our version is lower in calories, saturated fat, and sodium but still satisfies with cheesy grits and rich, saucy shrimp.

CHEF'S NOTES

A slurry is a mixture of cornstarch and water, used as a thickening agent in sauces, soups, and stews. Once added to a boiling liquid, the slurry will produce a thickened, glossy sauce.

YIELD 6 SERVINGS	PREP TIME 30 MIN	TOTAL TIME 60 MIN
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INGREDIENTS

For the Grits:

1 head	Cauliflower, core removed and cut into florets (about 3 cups)
1 ½ cups	Water
1 cup	Milk, 1% low-fat
¼ tsp	Kosher Salt
½ cup	Grits, yellow or white
1 Tbsp	Unsalted Butter, softened
½ cup	Cheddar Cheese, shredded
2 Tbsp	Parmesan Cheese, grated
½ tsp	Smoked Paprika
¼ tsp	Black Pepper
1/8 tsp	Cayenne Pepper (optional)

For the Shrimp:

1 lb	Shrimp, peeled and deveined
2 Tbsp	Salt-free Creole Seasoning (separate recipe)
4 tsp	Olive Oil, <u>divided</u>
1 each	Onion, yellow, small dice
1 each	Red Bell Pepper, small dice
2 stalks	Celery, small dice
4 cloves	Garlic, minced
2 ½ cup	Vegetable or Seafood Stock, homemade or no-salt added
2 Tbsp	Worcestershire Sauce
1/4 tsp	Kosher Salt
1/8 tsp	Cayenne Pepper (optional)
2 tsp	Cornstarch
2 Tbsp	Water

For Garnish:

1 each	Lemon, cut into wedges
4 stalks	Green Onions, thinly sliced

DIRECTIONS

Gather all necessary equipment and ingredients. Prepare all ingredients as described above.

For the grits:

1. Place the cauliflower florets in a food processor or blender and pulse until cauliflower is in small pieces, resembling the size of rice or grits.
2. In a large saucepot, combine the water, milk, and salt and place on stovetop over medium heat and bring to a boil. Reduce to a simmer.
3. When liquid is simmering, add the chopped cauliflower and cook until softened, stirring occasionally, about 6 -8 minutes.
4. Once the cauliflower is softened, add the grits and cook for 5 more minutes, stirring often to prevent sticking. Cook the mixture until the grits are creamy. If too thick, add a little water.

- Remove the pot from the heat and slowly mix in the butter, cheddar and parmesan cheeses, smoked paprika, black pepper and cayenne (if using).

For the Shrimp:

- In a medium bowl, toss the peeled and deveined shrimp with the creole seasoning.
- Heat a large sauté pan over medium-high heat. Once hot, add 2 teaspoons olive oil and swirl to evenly coat the pan.
- Using tongs, add the seasoned shrimp in a single layer. Cook undisturbed, until lightly browned and starting to curl, about 1-2 minutes. Flip the shrimp to finish cooking on the other side, about 1-2 more minutes. Remove the cooked shrimp to a clean plate and set aside.
- Without cleaning the pan, add the remaining 2 teaspoons and the onion, sautéing over medium-high heat until onions become lightly browned and translucent, about 2-3 minutes.
- Add the bell pepper and celery and sauté for another 2-3 minutes. Add the garlic and continue to cook until fragrant, about 30-60 seconds.
- Add the stock, Worcestershire sauce, salt, and cayenne (if using) and use a wooden spoon to scrape any brown bits from the bottom of the pan.
- Lower the heat to medium-low and let the liquid reduce by half, about 3-4 minutes, stirring occasionally.
- Meanwhile, in a small bowl make the slurry: combine the cornstarch with 2 tablespoons water. Use a fork and stir until fully dissolved. Add this “slurry” to the sauce and increase the heat to bring the mixture to a boil, allowing the sauce to thicken.
- Once the sauce has thickened, turn off the heat and add the shrimp back to the pan. Stir to combine. Serve the shrimp mixture over the grits and garnish with a squeeze of lemon and sliced green onion.

Nutrition Facts	
6 servings per container	
Serving size 3/4 cup grits + 1 cup shrimp & sauce (474g)	
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 460mg	20%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes <1g Added Sugars	1%
Protein 23g	46%
Vitamin D 0.5mcg	2%
Calcium 240mg	20%
Iron 1.8mg	10%
Potassium 730mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK, ANCHOVIES, SHRIMP



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