

Louisiana-Style Shrimp

with White Cheddar Grits

This dish is a staple in Cajun cooking. Every South Louisiana native thinks their family makes the all-time best shrimp and grits. Ours might give them a run for their money. We start with the holy trinity (onion, bell pepper, and celery), and from there build a complex dish of juicy shrimp in a decadent butter sauce. Ladle it all over a bed of delicious white cheddar grits for a meal to remember.

Ingredients

- Shrimp Sf
- Calabrian garlic confit
- Worcestershire sauce F
- Cajun spice 🌶
- Fish stock concentrate F
- White cheddar grits M
- Holy trinity diced vegetables
- Butter M

Allergens

F Fish M Milk Sf Shellfish

Supplies to Gather

- Saute pan (10 inches or larger)
- Microwave-safe bowl
- Mixing bowl
- Small bowl
- Plate
- Kitchen tongs
- Cooking spoon
- Paper towels
- Salt & pepper
- Cooking oil

Did You Know?

In Cajun cooking, the combination of onions, bell peppers, and celery is called the “holy trinity” because it is used as the base of many Cajun dishes such as étouffée, gumbo, and jambalaya.



350

Calories
Per Serving



Hall of
Fame



Mild

Personalized Proteins!

Follow all other listed cooking directions, but use the alternate steps below to prepare your selected protein.

Jumbo Shrimp — 370 cal

Carefully place the **jumbo shrimp** into the pan and cook for 2–3 min. Turn over the shrimp and cook for 1–2 additional min, until lightly browned on both sides. Continue as written.

Note: Calories listed are the total calories (per serving) including the alternate protein.



Step 1

- Dissolve the **fish stock concentrate** in a small bowl with **1 cup of warm water**.
- Drain any excess liquid from the package of **shrimp**. Place the shrimp onto paper towels and pat dry.
- Add the shrimp to a mixing bowl and toss with **half** of the **Cajun spice**. For a spicier dish, add more Cajun spice to your preference.
- Place a saute pan onto the stovetop, add 1–2 tbsp. of cooking oil, and set the heat to **medium**. When the oil is hot, **carefully** place the shrimp into the pan and cook for 90 sec. Turn over the shrimp and cook for 30 additional sec. **Turn off the heat**. Transfer the shrimp to a plate and set aside.



Step 2

- Add 1 tbsp. of cooking oil, the **holy trinity diced vegetables**, and the remaining **Cajun spice** as desired to the pan. Cook for 3–4 min, or until softened, stirring occasionally. Stir in the **Calabrian garlic confit** and cook for 30 additional sec, or until fragrant.
- Stir in the **Worcestershire sauce** and **half** of the **fish stock** and simmer for 3 min, or until the liquid has reduced slightly. (Reserve the remaining fish stock for another use or discard.)
- Return the **shrimp** to the pan, add the **butter**, and **turn off the heat**. Stir until the butter has melted and coated the shrimp.



Step 3

- Meanwhile, place the **white cheddar grits** into a microwave-safe bowl, cover with a damp paper towel, and microwave for 1 min. Stir, then microwave for 1 additional min.



Let's Plate! 4

Spoon the white cheddar grits into your serving bowls, then spoon the Louisiana-style shrimp and sauce over the grits.

Please Note: When adding ingredients to a hot pan always be careful of any oil splatter. Cooking times may vary due to different appliances and temperatures.