

One Pot Low Country Shrimp and Grits



April 13, 2023

My technique of poaching the shrimp in the hot grits came from long-time Charleston resident and Southern cooking expert, Natalie Dupree. I understood from her that this is the way that shrimpers would make their shrimp and grits breakfast. Regardless, it is superior for the texture of the cooked shrimp as they are perfectly cooked and not over-cooked and mealy as can happen if you sauté them.

Note that I find that people eat far more shrimp when it is poached in the grits (and they are already peeled and deveined), in my experience, you will need at least ½ pound of jumbo shrimp per person—more for the big eaters!

Serves 4-6

Ingredients:

- 1 generous cup coarse-ground grits, white or speckled.
 - 2 1/2 cups spring water, divided
 - 1 cup heavy cream or milk
 - 1 5.2 block Boursin Garlic and Fine Herbs cheese
 - 3-5 shakes Tabasco
 - 1/3 cup grated Parmesan-Reggiano cheese
 - 1 tablespoon Kerrygold or French butter
 - Kosher salt and Fresh ground black pepper
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- 2-3 pounds raw Jumbo shrimp, deveined and peeled—count on at least ½ pound of shrimp per person

Method:

1. Add grits, 2 cups of water and 1 cup of heavy cream to a 5 quart Dutch oven. Cook grits covered on low heat for 30-40 minutes, stirring occasionally (or use a rice cooker and set on the quick setting but that will make it a 2-pot dish). They should be very creamy and still have some bite to them.
2. Stir grits and add remaining 1/2 cup of spring water, a block of Boursin cheese, pinch of salt, ground black pepper and Tabasco and bring back to a simmer.
3. Keep pot on a low heat so you don't scorch the bottom of the pan; the grits will be very hot and just below a boil.
4. Stir again and add the Parmesan cheese and butter. Mix well and cover for 1-2 minutes or until grits are hot and steaming. Taste grits and adjust salt and pepper, if necessary. Remember that



the cheeses are already salty and seasoned. At this point, you can refrigerate the grits and reheat them just before you want to serve them.

5. About 20 minutes before you want to eat, re-heat grits covered over low heat. When the grits are popping and steaming, add shrimp and stir well so that they poach in the hot grits. Place the lid on the pot and cook for 4-6 minutes in 2 minute increments, stirring and placing the lid on the pot after each interval.
6. When the shrimp are pink and white and curled, they are done.
7. Ladle into shallow bowls and serve immediately.