

Creamy Grits and Creole Shrimp

Ingredients

- 2 tablespoons extra-virgin olive oil
- 3 tablespoons butter, divided
- 4 cloves garlic, finely chopped
- 1 medium onion, finely chopped
- 2 ribs celery with green leafy tops, finely chopped
- 1 small green bell pepper, seeded and finely chopped
- 4 to 5 sprigs fresh thyme, intact
- 1 bay leaf, dried
- Salt and black pepper
- 1 tablespoon Worcestershire sauce,
- 1 to 2 tablespoons plus 2 teaspoons hot sauce (recommended: Frank's Red Hot), divided
- 2 tablespoons all-purpose flour
- 1/2 cup beer, 1/3 of a bottle
- 3 cups chicken stock, divided
- 1 (14-ounce) can diced tomatoes
- 1 cup chopped frozen okra, optional
- 1 1/2 pounds peeled, deveined medium to large shrimp, tails removed
- 1 cup whole milk
- 1 cup quick cooking Grits

Directions

- Heat a large skillet over medium high heat. Add extra-virgin olive oil and 1 tablespoon butter.
- When butter melts into extra-virgin olive oil, add garlic, onions, celery, bell peppers, thyme, bay leaf then season with salt and pepper.
- Cook veggies 7 to 8 minutes until tender,
- Add in the Worcestershire, 1 to 2 tablespoons hot sauce (medium to spicy heat level) and the flour and cook 1 minute more.
- Add in beer and cook it off, another 30 seconds or so. Whisk in 1 cup of stock then add tomatoes and okra, bring to a bubble.
- Add shrimp and cook 3 to 5 minutes, until shrimp turn pink and firm then turn off heat.
- Remove thyme stems and bay leaf.
- Bring remaining 2 tablespoons butter, 2 cups stock, 1 cup milk and 2 teaspoons hot sauce, to a boil in a sauce pot.
- Stir in 1 cup grits,. Stir constantly,Once the mixture thickens to the consistency of whipped potatoes, season the "grits" with salt and divide among dinner plates.
- Serve generous ladles of shrimp and sauce on a bed of creamy "grits".