



Taste and Savor

1 Quick Recipe:

Shrimp and Grits

The Grits

1 ½ cups *Stone-ground Grits
 1 Tsp Sea Salt
 ¼ Cup Soft Cream Cheese
 ½ Cup Shredded Parmesan
 Bottle of Hot Pepper Sauce

Step One Bring 6 cups of water and 1 Tsp salt to a boil. Whisk in the grits, reduce the heat to a simmer and cook over low heat for about 35 minutes, stirring often.

Step Two When the grits are creamy, remove from the heat, and blend in the cream cheese and the Parmesan. Top the grits with the shrimp and gravy. Serve sprinkled with the bacon and accompanied by Louisiana hot sauce.

The Shrimp and Gravy

1 LB Large Shrimp, peeled, deveined and halved lengthwise
 Juice of 1 Big Lemon
 1 Tsp Sea Salt
 ½ - 1 Tsp Cayenne Pepper
 3 Slices Bacon, Finely Chopped
 ½ Cup Minced Red Onion
 ½ Cup Minced Red Bell Pepper
 6 Scallions, Chopped
 1 Garlic Clove, Grated

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



2 TB *Wondra or All-purpose Flour
 1 Cup Veggie or Chicken Stock
 Sea Salt and Black Pepper
 Louisiana Hot Sauce to taste

Step One Toss the shrimp with the juice, salt and cayenne. Set aside.

Step Two Fry the bacon in a skillet over until crispy. Remove and set aside. Add the onion, and pepper, sauté until wilted, about 5 minutes. Add the scallions and garlic; sprinkle the flour over the mixture, sauté for 2 minutes. Stir in the stock and cook for 5 minutes. Add the shrimp to the gravy, sauté until just pink and season with salt, pepper and hot sauce.

2 Kitchen Scoop

Stone-Ground Grits are just what they sound like – corn that is ground using millstones, often powered by a waterwheel. Coarsely ground, they have a rich taste and a thick and creamy texture. Because they are less processed than instant or quick grits, always store them in the fridge or freezer.

3 Clever Idea

Wondra flour is quick mixing flour that dissolves quickly in liquid, making it the perfect choice for any stove top sauce. Grab a canister in your grocery store for easy smooth sauces and gravies.

4 Cheers!

Château d'Esclans, The Palm

Coteaux D'Aix en Provence
 About \$15

Shrimp and grits – perfect any time of the day! This authentic rosé from Provence is made from Grenache, Cinsault and Carignan, a trio of grapes that are very typical to the South of France. Its super fruit forward, a good match to the slightly spicy shrimp, especially when you pass the hot sauce!