



Shrimp & Grits
FESTIVAL

Shrimp & Grits

Honey Café • Millen, GA

INGREDIENTS

GRIT CAKE

- 8 cups water
- 2 cups milk
- 2 cups stone ground grits
- 2 tbs salt
- 4 tbs butter
- 10 oz parmesan cheese

GRIT CAKE CRUST

- 1 cup finely chopped pecans
- 2 cups white corn meal
- salt and pepper to taste
- egg wash:
- 2 cup whole milk
- ½ cup buttermilk
- 3 eggs
- *mix pecans, corn meal, salt, and pepper.*

SHRIMP

- 1 lb shrimp, peeled and deveined
- 2 tablespoon butter
- *Melt butter in large pan. Add shrimp and sauté until shrimp are cooked.*

SHRIMP GRAVY

- 2 pints heavy whipping cream
- 3 fresh garlic gloves
- 1 lb country ham
- 2 tbs. olive oil

SWEET PEPPER GLAZE

- 1 cup Wisham's Pepper Jelly
- 3 Tbs Franks Hot Sauce
- *Place in pan and heat until melted.*

OKRA

- 1 lb fresh okra pods
- 1 cup whole milk
- 2 eggs
- ½ cup whole wheat flour

see reverse for directions



presented by

QUAKER

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DIRECTIONS

GRITS: Rinse grits in cool water. Allow grits to settle to the bottom of a bowl of water, and strain off pieces that float to the top. Bring water and salt to a boil. Whisk in two cups of grits. Return to boil and reduce heat. Simmer for 30-45 minutes until grits are tender. Be sure to stir every few minutes to avoid sticking. Remove from heat and stir in butter and parmesan cheese. Pour grits into greased 9x13 pans. Chill until firm and set.

SHRIMP GRAVY: Melt olive oil in large skillet. Cut country ham in short, thin lardons. Sauté in olive oil for 1-2 minutes or until slightly caramelized on edges. Add garlic and sauté for one minute.

Add heavy whipping cream and bring to a simmer. Cook on medium heat stirring constantly until heavy cream is reduced by 1/3 and resembles thick gravy. Stir constantly and do not boil!

OKRA: Slice okra in thin, shoe string size slices. Beat eggs and mix with milk. Dust okra in whole wheat flour, and shake off any excess. Dip in egg mixture, and shake off any excess. Dip in pecan breading and press to make sure breading sticks. Fry in hot oil until golden brown. Drain on paper towels.

ASSEMBLY: Form small 2 inch cakes with chilled grits. Dip top and bottom of grits cake in egg and milk wash. Dip into pecan crust. Heat 2-3 Tbs olive oil in large pan. Cook top and bottom of grits cakes in hot oil until golden brown. Cover during browning process to cook through or finish in a 350 degree oven.

Place grits cake on serving dish. Top with sautéed shrimp and country ham gravy. Toss fried okra in sweet peach glaze and garnish to finish.