

# Shrimp and Grits

Classic Southern Shrimp and Grits recipe with creamy stone-ground grits and perfectly seasoned shrimp. A comforting dish with rich culinary heritage.

15 min

PREP

30 min

COOK

45 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Shrimp and Grits

## Ingredients

- 4 cup water
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- 1 onion
- 2 clove garlic
- 1 cup heavy cream
- 1 cup cheddar cheese
- 1 lb shrimp
- 1 bell pepper
- 1 cup chicken broth
- 1 tsp paprika
- 1 tsp cayenne pepper
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp fresh lemon juice
- 2 tbsp parsley

## Instructions

- 1 Start the grits**  
Bring 4 cups water and 1 teaspoon salt to a rolling boil in a large, heavy-bottomed saucepan over high heat.
- 2** Slowly whisk in 1 cup grits in a thin stream, whisking constantly to prevent lumps from forming.
- 3** Reduce heat to low and simmer, stirring every 5 minutes, until grits are thick and creamy, 25-30 minutes.
- 4 Prep the aromatics**  
While grits cook, dice 1 onion into 1/4-inch pieces, dice 1 bell pepper into 1/4-inch pieces, and mince 2 garlic cloves.
- 5 Season the shrimp**  
Pat 1 pound shrimp completely dry with paper towels, then season both sides with 1 teaspoon salt, 1 teaspoon paprika, 1 teaspoon garlic powder, and 1 teaspoon cayenne pepper.

- 6 Cook the vegetables**  
Heat 2 tablespoons oil in a large skillet over medium heat until shimmering, about 2 minutes. Add diced onion and bell pepper, cooking until softened and lightly browned, 5-6 minutes.
- 7** Add minced garlic and cook until fragrant, about 30 seconds.
- 8 Cook the shrimp**  
Increase heat to medium-high and add seasoned shrimp in a single layer. Cook without moving until pink and opaque on the bottom, 2-3 minutes.
- 9** Flip shrimp and cook until completely pink and opaque throughout, 1-2 minutes more.
- 10 Finish the grits**  
Stir 1 cup heavy cream, 2 tablespoons butter, and 1 cup cheese into the cooked grits until melted and smooth. Season with salt and pepper to taste.
- 11 Make the pan sauce**  
Add 2 tablespoons butter to the shrimp skillet and swirl until melted and foamy, scraping up any browned bits from the bottom of the pan, about 1 minute.
- 12 Serve**  
Divide hot grits among 4 bowls and top with shrimp and pan sauce. Serve immediately.

## Tips

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Use stone-ground grits for the best texture and flavor - they're worth the extra cooking time and significantly superior to instant varieties.

Add grits to boiling water gradually while whisking constantly to prevent lumps from forming.

Don't overcook the shrimp - they should be pink and just cooked through, which takes only 2-3 minutes per side.

Season the grits generously with salt, as underseasoned grits will make the entire dish taste flat.

Keep cooked grits warm over low heat and stir occasionally to prevent a skin from forming on top.

Add the lemon juice at the end of cooking to brighten the shrimp's flavor without curdling any dairy in the dish.

If the grits become too thick, thin them with warm milk, cream, or stock rather than water.

Fresh herbs like parsley or chives added at the end provide color and fresh flavor that complements the rich dish.