



# Gullah Shrimp and Grits

Wild Shrimp, Creamy Anson Mills Grits, Beeler's Bacon

(Serves 6)

**Shrimp:**

½ lb	Beeler's Bacon, diced
½ cup	Onion, finely minced
½ cup	Red Bell Pepper, finely minced
2 cloves	Fresh Garlic, minced
2 lbs	Wild Shrimp, cleaned and peeled
1 cup	Roma Tomatoes, diced
¼ cup	White Wine
¼ lb	Butter, cold

**Grits:**

4 cups	Water
2 tsp	Salt
1 cup	Anson Mills Stone Ground White Grits
½ cup	Heavy Cream
1 cup	White Cheddar Cheese, shredded
	Salt and Fresh Ground Black Pepper

*We wanted to pay homage to the past and so consider this an historically correct period dish, meaning all of the ingredients and techniques used to make the dish were indigenous to the Sea Island and Gullah community. The simple ingredients have not been manipulated. It's all about the greatness of the ingredients.*

**For the Shrimp:** Cook the bacon over medium heat until crisp.

Remove the bacon from the pan and set aside. Reserve 2 Tbs of the bacon fat. Sauté the onions, peppers, and garlic in the reserved bacon fat until soft. Add the shrimp, tomatoes, and wine. Simmer the sauce until the shrimp are pink, about 2 minutes. Remove the shrimp and continue to simmer until most of the wine is evaporated. Return the shrimp and the bacon to the saucepan. Once the shrimp are hot, remove the pan from the heat and swirl in the butter to melt. Season to taste with salt and pepper.

**For the Grits:** Combine the water and salt in a saucepan over medium-high heat. When the water comes to a boil, whisk in the grits until smooth. Reduce the heat to low and simmer for approximately 20 minutes, stirring often to prevent the grits from sticking to the bottom of the pan. Add the cream and the cheddar cheese. Season to taste with salt and pepper.

**Finish the Dish:** Place a generous scoop of grits in a warm bowl. Spoon shrimp and sauce over grits. Serve with crusty bread and enjoy!

**Pairing Suggestion:** Rosé (Provence, France). Just remember: real men drink rosé! Gone are the days of rosé being the red-headed stepchild of the wine world. This delightfully vibrant wine cuts through the richness of this dish and allows the fresh ingredients to shine through.