

Lowcountry Shrimp

Watauga County Ham, Kiwifruit, Chardonnay Cream

(Serves 6)

Shrimp:

- ½ lb Country Ham,* sliced ⅛ inch thick
- 1 Tbs Olive Oil
- 1 tsp Crushed Red Pepper Flakes
- 2 lbs Shrimp (21–25 ct),* peeled and deveined
- 1½ cups Chardonnay
- 6 Kiwifruit, peeled and diced
- 1 pint Heavy Cream
- 1 tsp Cornstarch
- 1 Tbs Water
- Salt and Fresh Ground Black Pepper

*For sources of ham and shrimp, see the New South Pantry.

“Here is an award-winning dish that uses two great Carolina ingredients: Port Royal Shrimp and Watauga County Country Ham. Your guests will be surprised at how well balanced the unusual flavor combination is.”

For the Shrimp: Dice the ham. Heat the olive oil in a large skillet. Add the ham and red pepper flakes. Sauté until the ham becomes slightly crisp and has given its flavor to the oil. Add the shrimp and sauté until the shrimp are half cooked, about 2 minutes. Remove the shrimp and reserve. Add the wine to the pan and simmer to reduce by half. Add the kiwifruit and the heavy cream and simmer until the liquid is reduced by half again. Add the shrimp and cook until the shrimp are completely cooked, about 2 more minutes. Mix together the cornstarch and water to make a slurry. With the sauce boiling, drizzle in the slurry until the sauce becomes thick enough to coat the back of a spoon. Season to taste with salt and pepper.

Finish the Dish: Serve with crusty French bread or jalapeño cornbread and garnish with fresh diced kiwifruit.

Pairing Suggestion: Chardonnay (Russian River). You can use a “big” Chardonnay with this dish to enhance the wine used in the cream sauce.

