

Florida Style Shrimp and Grits with Greens



Florida Stone Ground Grits Ingredients

½ cup Stone Ground grits- white or yellow
1 ½ cups chicken stock or as needed
1 cup milk
¼ tsp. kosher salt
2 tbsp. butter
large pinch ground black pepper
1.5 oz. shredded cheese (cheddar, parmesan, pepper jack, etc.)
1 ear Florida sweet corn, cut off the cobb

Tomato Bacon Jam Ingredients

4 slices thick cut bacon, smoky flavored if possible
½ onion, diced small
4 cloves garlic peeled and minced
2 cups diced tomatoes, no skin, no seeds, plus juice
1 tbsp. white wine vinegar or apple cider vinegar
1 tbsp. light brown sugar, or as desired
¼ tsp ground black pepper

kosher salt as needed

Swiss Chard Ingredients

4-8 leaves of rainbow chard
1 clove minced garlic
2 tbsp. unsalted butter
2 oz. chicken stock or water
lemon juice to taste
kosher salt to taste
ground black pepper to taste

Florida Rock Shrimp Ingredients

1 pound cleaned Florida Rock shrimp, thawed
1 cup corn starch for dredging, or as needed
kosher salt to taste
“tomato dust” (dehydrated tomato skins, pulverized with a coffee grinder until a dust)- OPTIONAL
vegetable or canola oil for frying, approximately 1 quart

Procedure

1. Put grits in a large bowl and cover with water by an inch or more. Remove any hulls that float to the top. Stir grits and let settle. Skim hulls off the top again. Do this 3 more times. Drain water.
 2. Bring stock to a simmer with salt and butter. Add rinsed grits while whisking. Turn heat down to low. Cook over low heat for 45 minutes to an hour while whisking often. Cook until tender.
 3. In the meantime, mince the bacon and cook over medium low heat until crispy stirring frequently.
 4. When bacon is crispy spoon out bacon to a paper towel to drain, and remove all but 2-3 tablespoons of bacon fat.
 5. Add onions and garlic to fat, and sweat until tender over low heat. Add tomatoes and juice. Cook over low heat until very soft and tomatoes lose their shape.
 6. Add water as necessary, up to approximately 1 cup. If needed smash the tomatoes with the back of a spoon. When tomatoes are getting soft add the vinegar, ¼ tsp. pepper and ½ of the crispy bacon.
 7. Cook for a few minutes until soft and the flavors are good. If desired, add brown sugar. Cook until thick.
 8. When grits are tender, with just a slight bite, add cheese, corn, and season with ground black pepper. The consistency should slightly loose- they should not be stiff or hold shape. If they are too thick, stir in more stock, water or milk.
 9. When the grits and jam are done, preheat oil in a deep stockpot until it reaches 325°F.
 10. In the meantime, prepare the rainbow chard. After washing thoroughly, thinly slice the leaves and stems of the rainbow chard.
 11. Melt butter and garlic in a large sauté pan over medium high heat. Add the chard and toss to wilt. Season to taste with salt, pepper, and lemon juice. Sauté until just wilted. Add chicken stock or water as necessary.
 12. When the oil is hot, toss the Florida Rock shrimp in cornstarch. Toss until the shrimp are coated in cornstarch, but not clumpy. Shake to remove excess cornstarch if necessary.
 13. Working in batches, fry the shrimp for 2-3 minutes, or until cooked thoroughly. Remove from oil, and drain on towels. Season to taste with salt. If desired, sprinkle with tomato dust.
 14. To serve, spoon grits into the bottom of a bowl, approximately 1 cup. Top with approximately 1-2 oz. of tomato bacon jam. Top both with Rainbow Chard and rock shrimp. Enjoy immediately.
- Tip- grits can be prepared in advanced, minus the cheese and corn, and slowly reheated by bringing some water to a simmer and whisking in the grits. Add the corn and cheese when hot.
 - The tomato bacon jam can be made in advanced and refrigerated for up to 1 week.

Serves 4-6 depending on serving size

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