



Low Country Shrimp & Grits

©Scott Duncan

½ C butter (1 stick)
1 garlic clove, chopped
1 t red pepper flakes
3 C half & half
2 C milk

1 C quick-cooking grits
1 lb. shrimp, peeled & deveined
4 C fresh spinach
½ C parmesan cheese
Salt & pepper to taste

Add butter, garlic, and red pepper flakes to large saucepan over medium-low heat. Once butter is melted, add half & half and milk. Bring to a simmer.

Once the dairy is simmering, add grits and stir vigorously. Add salt & pepper to taste. Let the grits simmer, 10-15 minutes, stirring often.

Once grits have softened and you've reached a thick but creamy consistency [*cook it a little longer if it's too soupy; add some more cream if it's too stiff*], add shrimp and spinach. Turn off the heat and continue to stir for about 5 minutes. The carryover heat will cook the shrimp and spinach. Add parmesan cheese and adjust seasonings to taste.

Serves 4

Note: I've used this recipe several times to convert people who say they don't like grits. There's no law that says you have to use this much butter and cream – you can substitute stock, low-fat milk, or what have you. But, honestly, would you ever want to eat grits without all that creamy goodness? Also, you can substitute frozen spinach with no problems.