



Seared Shrimp & Grits

Bryon Parker

Prepare Grits

- 3 cups whole milk
- 1 cup water
- 1 cup 5-minute grits
- 2 tbsp. butter
- 1 tsp. kosher salt
- 1 tsp. granulated garlic

In large pot over high heat, bring whole milk & water to boil. Turn heat to low and slowly whisk in grits. Cover and let cook for 5 minutes. Fold in butter, salt, and granulated garlic until all the butter is melted. Transfer grits to a sheet pan and place in refrigerator to cool.

Prepare Bacon

- 4 strips thick cut bacon
- ¼ cup brown sugar

Place bacon on a sheet pan with parchment paper. Sprinkle brown sugar over each slice and place in 350° F oven for 7-8 minutes or until bacon is crispy. Cool at room temperature, break bacon strips into small pieces.

Prepare Cauliflower

- 1 quart water
- 1 head cauliflower
- 1 white onion
- 5 cloves garlic

Cut head of cauliflower into 4 pieces. Cut out core at the bottom of each piece and discard. Break pieces into smaller pieces and place in sauce pot. Peel and dice white onion and place in pot with cauliflower. Add garlic cloves and 1 quart water or just enough to cover all the vegetables. Bring to boil and simmer for 15 minutes until the vegetables are tender. Strain water and place into a blender. Blend on high for 2 minutes. Strain pureed vegetables through a mesh strainer. Hold hot until you are ready to plate.



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continued

Prepare Shrimp

- 1 lb. shrimp
- ¼ cup Cajun seasoning
- 2 tbsp. canola oil

Peel and devein shrimp. Pat dry with paper towels and toss in bowl with Cajun seasoning. Heat oil in a sauté pan over medium high heat. When oil starts to smoke, add shrimp and sauté for 5 minutes or until shrimp reaches 145 F.

Prepare Grit Cakes

- ½ cup all-purpose flour
- 1 tbsp. canola oil

Take cooled grits out of refrigerator. Using a medium sized ring mold, cut out four grit cakes. Coat each side with thin layer of flour. Heat oil over medium high heat. Sear grit cakes in pan both sides until golden brown.

Plating

- ½ cup pomegranate seeds
- Candied bacon
- ¼ cup chopped parsley
- 4 tsp. Saba (concentrated syrup of grapes)

To plate, place grit cake centered on top half of plate. Pool ½ cup of cauliflower puree around the cake. Shingle 3 shrimp on top of grit cake. Garnish with pomegranate seeds, candied bacon, parsley and Saba. Serve.