



SWEPT AWAY

WITH JENNIFER BROOME

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EAT MY GRITS!

To play on the line, “Kiss my grits,” made famous by Flo on the long running tv show Alice (1976-1985), I’m saying “Eat my grits!” I love grits, and not just because I am Southern. I just love them, especially when I visit the Lowcountry of South Carolina like I did last weekend.

Lowcountry cuisine is simple, yet an explosion of flavors that will make you feel like you are back in grandma’s kitchen. On the Isle of Palms or in Charleston, you have to enjoy some fresh seafood. One of my favorite dishes is Shrimp and Grits. It doesn’t matter to me if I have it for breakfast, lunch, or dinner. If it is on the menu, I am likely going to order it. During our three day stay at Wild Dunes on the Island of Palms, I have Shrimp and Grits three times! The dish is traditionally served with grilled shrimp, grits, and andouille sausage, but the recipes will vary. Here are three variations I’ve enjoyed for years, since I’ve been going to the Isle of Palms for over 20 years.

As my mom and I drove into Isle of Palms we stopped at a little gem in the Island Center for our first meal on the island. Don’t shy away from the restaurant in a small strip center. Long Island Cafe has been a favorite of locals and tourists in the know about since 1986. A friend of my dad’s turned us on to this coastal bistro years ago. Their twist on Shrimp and Grits with a white wine sauce is fantastic. I couldn’t get Ravi Scher to give up his recipe but I did get the ingredients for the sauce. Over the grilled shrimp and grits is a sauce of fish stock with roasted vegetables with a little white wine. They top the dish with fried leek strips.



Poogan’s Porch Shrimp & Grits

- 4Tbsp. Unsalted butter
- 8 oz. Tasso Ham (fine diced)
- 1 C White onion (fine diced)
- 1 each Red, green, and yellow pepper (fine diced)
- 1Tbsp Spicy Cajun seasoning (blackening)
- 1tsp. Kosher salt
- ¼ C Light brown sugar
- 2 tsp. Onion powder
- 1Tbsp Finely minced garlic
- 1½ C Flour
- 8 C Fish stock (vegetable or chicken stock would work as well)
- 4oz. Lump blue crab
- 4lbs Shrimp (peeled and de-veined)
- 3lbs Spicy sausage (thinly sliced)

Hints:

- **For home use it is more practical to use instant grits.
- **Cook your grits first and do not be afraid to season to your liking, this is a main component to your dish.
- Pre-heat a large heavy bottom pot to medium high heat. Add butter to pot and let melt. Add the next 8 ingredients and cook until onions are translucent. Stir in flour and continue to cook while stirring until you achieve a dark brown color, a brown roux.
- Slowly whisk in 6 cups of fish stock, adding this slowly will help avoid lumps. Bring to a boil, using caution not to scorch. Use remaining 2 cups of stock to adjust for consistency.
- Remove from heat and add the crabmeat.
- In a medium to high heat pan, sauté shrimp and sausage. Place shrimp and sausage over grits and top with crab gravy. Top with poached eggs and green onions.