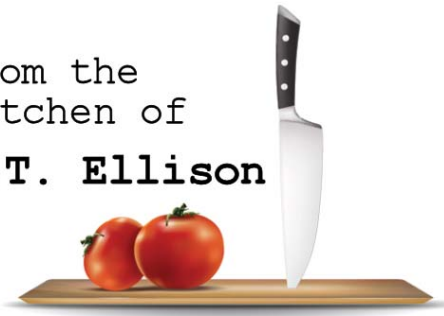


From the  
kitchen of

**J.T. Ellison**



### Ingredients:

- ✓ 2 cups water
- ✓ 2 pinches salt
- ✓ 3/4 cup grits
- ✓ 1/4 cup olive oil
- ✓ 1 cup diced tasso ham  
(Pancetta can be substituted)
- ✓ 1/4 cup diced onion
- ✓ 1/4 cup diced green bell pepper
- ✓ 40 medium shrimp, peeled and deveined
- ✓ 1/2 cup white wine
- ✓ 2 cups heavy whipping cream
- ✓ salt and ground black pepper to taste
- ✓ 2 tablespoons chopped green onion, green parts only
- ✓ Optional: 1/2 cup shredded cheese – Fontina would be perfect

## Louisiana Style Shrimp and Grits

(serves 4)

I had so much fun visiting New Orleans last month for our signing at Adler's Jewelers, and I ate some of the best food ever. This was one of my favorites – a spicy, deliciously creamy shrimp and grits. I can't get enough, and I've never been a fan of grits!

### Directions:

- Bring water and 1 pinch of salt to a boil in a saucepan and slowly mix in the grits, stirring constantly. Reduce heat to low and simmer grits until tender and smooth, about 20 minutes; stir often. Set aside and keep warm.
- Heat olive oil in a large skillet over medium-high heat; cook and stir tasso ham until crisp. Stir in onion and green bell pepper and cook until onion is translucent, about 4 minutes. Lightly stir the shrimp with the vegetables and olive oil just until pink, 30 to 45 seconds; remove shrimp from pan and set aside.
- Pour white wine into the skillet and stir, dissolving any browned bits of food in the bottom of the skillet; slowly add the cream, reduce heat to low, and simmer until thickened, about 10 minutes. Season with salt and black pepper.
- Divide the grits onto 2 serving plates and line the edge of each plate with 10 shrimp. Pour cream sauce over grits (and cheese if you're using it) and sprinkle each serving with chopped green onion tops.
- *An Ellison amendment – stir the shrimp into the wine and blend with the grits instead of making it pretty. Devour!*

As seen in J.T. Ellison's newsletter. For more recipes, visit [JTEllison.com](http://JTEllison.com).  
Want a wine to go with your recipe? Check out J.T.'s wine blog,  
*The Wine Vixen*, at [TheWineVixen.com](http://TheWineVixen.com).

