



Spicy Fried "Nashville" Shrimp & Grits

INGREDIENTS

2 ½ cups Hy-Vee chicken stock
1 ¾ cups Hy-Vee lowfat buttermilk, divided
5 tbsp Hy-Vee unsalted butter, divided
1 cup quick 5-minute grits
1 cup Soirée grated Parmesan cheese, plus additional for garnish
1 (16-oz.) pkg. Fish Market frozen shell-on, EZ peel & deveined raw shrimp (16 to 20 ct.), thawed
1 cup Hy-Vee all-purpose flour
1 ½ tbsp Hy-Vee seasoned salt
½ tsp Hy-Vee cayenne pepper
2 Hy-Vee large eggs
1 ½ tsp minced garlic
⅓ cup Louisiana hot sauce
2 tbsp packed Hy-Vee brown sugar
Hy-Vee vegetable oil, for frying
Fresh parsley sprigs, for garnish
Sweet bread and butter chips pickles, for garnish

PREPARATION

- 1** For grit cakes, spray a 12x8-in. baking dish with nonstick spray. Set aside. Bring chicken stock, 1 cup buttermilk and 2 Tbsp. butter to a boil in a medium saucepan over medium-low heat. Gradually stir in grits. Cook for 4 to 5 minutes or until very thick, stirring constantly. Remove from heat. Stir in 1 cup Parmesan cheese until melted. Spread evenly in prepared pan. Cool completely. Cover and refrigerate for 2 to 24 hours.
- 2** Line a rimmed baking pan with waxed paper; set aside. Peel shrimp, leaving tails attached; pat dry with paper towels. Combine flour, seasoned salt and cayenne pepper in a medium shallow bowl. Whisk together eggs and remaining ¾ cup buttermilk in a small bowl. Dip shrimp, a few at a time, into flour mixture to coat; shake off excess and place in prepared baking pan. Then dip shrimp, a few at a time, into egg mixture; return to flour mixture to coat. Return shrimp to the baking pan; let stand at room temperature for 10 minutes.
- 3** Meanwhile, for sauce, melt remaining 3 Tbsp. butter in a large skillet over medium heat. Stir in garlic; cook for 1 minute. Stir in hot sauce and brown sugar; remove from heat. Remove and reserve 3 Tbsp. sauce for garnish. Set aside remaining sauce in skillet.
- 4** Place oven rack 6 in. from heat. Preheat broiler to HIGH. Spray baking sheet with nonstick spray. Cut grits into 8 or 12 (2- to 3-in.) rounds using a round biscuit or cookie cutter. Place on prepared baking sheet. Broil for 6 to 10 minutes or until golden and crisp, turning halfway through. Keep warm.
- 5** Heat ½ in. oil to 350° in 12-in. cast iron skillet over medium heat. Fry shrimp in 2 batches for 3 to 4 minutes or until shrimp reaches 145° and coating is golden brown, turning halfway through. Drain on paper towels. Add fried shrimp to sauce in the skillet; gently toss to coat.
- 6** To serve, arrange 2 or 3 grit cakes on each serving plate; top with shrimp. Drizzle shrimp with reserved sauce. Garnish with additional Parmesan cheese, parsley and pickles, if desired.