



Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

Cowboy Shrimp & Grits

Ingredients

Wild Caught Shrimp

Cowboy Butter

Unsalted Butter, Garlic Scapes, Parsley, Chive, Thyme, Paprika, Onion Powder, Salt, Pepper

Grits
Lemon
Parsley

CAL 520
FAT 28g | CHO 41g | PRO 28g

Directions

Allow shrimp to defrost in the fridge for 30 minutes, or on the counter for 15.

Heat a large pot over medium heat, add 1 tbsp of oil. Once hot, pour in grits. Combine well, then add twice the amount of water to the grits. Whisk until water is combine, add another 1/2 cup of water at a time, whisking until the grits are no longer gritty.

Once cooked through, stir in half of the Cowboy Butter, cover and let sit.

Place a saute or fry pan over medium-high heat. Add the remaining cowboy butter, once melted, add the shrimp. Spread out in a single layer, cook for 3 minutes, turn and cook another 2 minutes. Remove from heat and finish with a squeeze of lemon.

Transfer grits to bowls topped with shrimp and finished with parsley and more lemon as desired.