

PASSPORT TO PARIS

Shrimp Provençal over Creamy Stone-Ground Grits

Serves: 4

Ingredients

Shrimp Provençal

- 1½ pounds large Gulf shrimp, peeled and deveined
- 2 tablespoons olive oil
- 1 tablespoon unsalted butter
- 4 garlic cloves, minced
- ½ cup finely diced Vidalia onion
- 2 cups cherry tomatoes, halved
- ½ cup dry white wine
- 1 teaspoon Herbes de Provence
- ½ teaspoon Louisiana spice
- ¼ teaspoon crushed red pepper flakes, optional
- 1 tablespoon fresh lemon juice
- ¼ cup sliced green onions
- Salt and freshly ground black pepper, to taste

Creamy Stone-Ground Grits

- 1 cup stone-ground grits
- 3 cups water
- 1 cup heavy cream or whole milk
- 2 tablespoons unsalted butter
- ½ cup grated Parmesan cheese
- Salt and freshly ground black pepper, to taste

Instructions

1. Make the grits

Bring the water and cream to a gentle boil in a medium saucepan.

Slowly whisk in the grits. Reduce the heat to low and cook, stirring frequently, until tender and creamy, about 20 to 25 minutes or according to package directions.

Stir in the butter and Parmesan. Season with salt and black pepper and keep warm.

2. Season the shrimp

Pat the shrimp dry and season lightly with Louisiana spice, salt, and black pepper.

3. Sauté the shrimp

Heat the olive oil and butter in a large skillet over medium-high heat.

Add the shrimp and cook for about 1 to 2 minutes per side, just until they begin to turn pink.

Transfer the shrimp to a plate and set aside.

4. Build the Provençal sauce

In the same skillet, add the Vidalia onion and cook for 2 to 3 minutes, until softened.

Add the garlic and cook for about 30 seconds, just until fragrant.

Add the cherry tomatoes, white wine, Herbes de Provence, and crushed red pepper flakes, if using.

Cook for 5 to 7 minutes, stirring occasionally, until the tomatoes begin to soften and release their juices. Gently press some of the tomatoes with the back of a spoon to help create a light, fresh sauce.

5. Finish the shrimp

Return the shrimp and any accumulated juices to the skillet.

Add the fresh lemon juice and most of the sliced green onions.

Cook for another 1 to 2 minutes, just until the shrimp are cooked through.

Taste and adjust the seasoning with salt and black pepper.

6. Serve

Spoon the creamy stone-ground grits into shallow bowls.

Top with the Shrimp Provençal and spoon the cherry tomato sauce over the shrimp.

Finish with the remaining sliced green onions and serve with warm French bread on the side.

Chef Dee's Tip

Don't cook the cherry tomatoes down completely. You want some of them to burst and create the sauce while others keep their shape, giving the finished dish freshness, texture, and color.