

Nathalie Dupree & Marion Sullivan have worked on culinary projects together for 30 years, ranging from helping to found the Southern Foodways Alliance and the Charleston Wine and Food Festival to teaching at The Cloister. They have worked on a number of Ms. Dupree's books together, as well as many of her 300 television shows, shown nationally on PBS, the Learning Channel and the Food Network.

Ms. Dupree is the author of twelve cookbooks, including the James Beard Award-winning *Mastering the Art of Southern Cooking* (coauthored with Cynthia Graubart), *Southern Biscuits* (with Graubart), and two other James Beard Award winners: *Nathalie Dupree's Southern Memories* and *Nathalie Dupree's Comfortable Entertaining*. She was awarded the Grand Dame of Les Dames d'Escoffier in 2012. She lives in Charleston, South Carolina. Find her online at www.nathaliedupree.com.

Ms. Sullivan has been a project consultant on several other cookbooks, including *Magnolias Authentic Southern Cuisine* and *Entertaining at the College of Charleston*. She has been a *Post and Courier* cookbook columnist for 15 years, Food Editor of *Charleston Magazine*, and Culinary Program Specialist at The Culinary Institute of Charleston. She resides in Charleston, South Carolina.

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Cooking



NATHALIE DUPREE'S **Shrimp & Grits**

DUPREE & SULLIVAN



GIBBS SMITH

NATHALIE DUPREE'S
Shrimp and Grits

NATHALIE DUPREE *and* MARION SULLIVAN

\$21.99 U.S.

"Breakfast shrimp and grits" has long been a favorite morning repast during the shrimp season in the South Carolina Lowcountry. In recent years, as the Southern regional culinary tradition has spread to mainstream palates and restaurants across the country, shrimp and grits has morphed from its humble origins to become a signature dish for sophisticated dining at all hours. The selection of mouthwatering combinations here are ranges from soups to salads, main courses and sides that are easy for the home cook to execute.

Nathalie Dupree and Marion Sullivan have gathered the best recipes that top Lowcountry chefs—such as Sean Brock and Michelle Weaver—cook at their restaurants or at home for their families and friends, as well as old-time favorites from collections of classic cookbooks, plus a few of their personal creations. In colorful recipes and with a no-nonsense approach, they share essential tips about what liquid to use, what kind of pan, and how long to cook grits, along with information about how to catch, clean, freeze and cook shrimp.

Additionally, a short selection of recipes makes creative use of "grits only" and includes breads, crackers and desserts, providing plenty of ways to use a favorite Southern staple food for delicious treats or main course entrées.



Short Cook



Serves 2

Bacon, Shrimp & Grits Frittata

3/4 cup hot cooked grits
2 tablespoons olive oil, divided
1 1/2 cups finely chopped red or yellow bell pepper
2–3 strips bacon, cut into slices and cooked until crisp, or 1 slice smoked sausage chopped into 1/2-inch pieces
1/4 pound medium raw shrimp, peeled
5 large eggs, lightly beaten
2–3 scallions, sliced, white and green parts
1/2 cup finely grated sharp cheddar cheese
1/4 cup Parmesan cheese, preferably Parmigiano-Reggiano
Cayenne pepper
Salt

A frittata is a flat version of an omelet, and like an omelet, the contents can be varied with what is at hand. Easily adapted for a fun brunch or an intimate Sunday supper, it is simple to cook and a fabulous use for leftover grits, bacon, shrimp and other ingredients. For a thicker frittata, use a smaller pan, remembering that it will take longer to cook.

Spread the hot grits 1/2 inch thick on a nonstick baking sheet. Chill for at least 30 minutes. When ready to use, cut into 1/2-inch pieces.

Preheat the broiler.

On the stovetop, heat 1 tablespoon olive oil in a 9-inch broiler-proof nonstick frying pan or cast-iron skillet. Add the bell pepper and sauté briefly with the bacon or sausage and shrimp until the shrimp turn pink.

Whisk the eggs in a bowl with the scallions, cheddar, and Parmesan. Add cayenne pepper and salt to taste. Stir in the bell pepper mixture and the pieces of grits.

Wipe out the pan if necessary. Add the remaining oil to the same frying pan, and when it is very hot but not smoking, pour in the egg mixture. Cook the frittata over medium heat, without stirring, for about 8 to 10 minutes. The center should be a little soft, and the edges will be set. Wrap the handle in a double thickness of aluminum foil to protect it, and put the frittata under the broiler for a few minutes, until golden on top. Let the frittata set in the pan a few minutes before sliding it onto a serving plate and cutting into wedges.

BLT Shrimp & Grits

- 2 cups cooked grits
- 1/2 cup small greens (arugula, butter cup lettuce, etc.)
- 1/2 dozen cherry or grape tomatoes or 2 medium-size ripe tomatoes
- 4 slices cooked bacon
- 6 cooked shrimp



These jaunty grits cakes can be served in 2- to 3-inch rounds for a quick main course, or as bite-sized hors d'oeuvres. Cheese grits can also be used this way.

Spread the cooked grits out onto a baking sheet lined with foil, plastic wrap or a silicone mat, or wrap the grits in foil or plastic wrap and shape into a log the desired circumference. Chill in the refrigerator for up to 2 days. Cut into desired shapes with a cookie cutter or knife. Warm the cakes in a nonstick pan over medium heat or in a 350-degree F oven. Top each cake with a small portion of the greens. Cut the tomatoes as necessary to fit and add, followed by the bacon, crumbled as necessary, and the shrimp, also cut as necessary.

VARIATION: To serve cold, spread the cake with mayonnaise or pimento cheese.

Richmond Peppered Shrimp & Grits

- 1/2 cup grits
- Shrimp stock (see page 16) or water
- 3 tablespoons butter
- 6 scallions, sliced, green and white parts separated
- 1 tablespoon chopped fresh ginger
- 1 tablespoon soy sauce
- 1 tablespoon prepared horseradish
- 1/4 cup tomato sauce
- 1/2 teaspoon red pepper flakes
- 1 1/2 tablespoons peanut oil
- 1 pound large raw shrimp, peeled
- Salt
- Freshly ground black pepper
- Hot sauce

Occasionally, I am sent very special recipes, like this one, which combines a number of Southern ingredients with our beloved shrimp. Over the years, several students of mine have told me it is their favorite shrimp recipe. This dish can be prepared ahead.

Cook the grits according to package directions, using shrimp stock or water. Stir the butter into the hot grits.

Combine the white part of the scallions with the ginger, soy sauce, horseradish, tomato sauce, and red pepper flakes in a small bowl. Heat the oil in a large heavy-bottomed frying pan over medium-high heat. Add the scallion mixture and cook until the sauce is heated through. Add the shrimp and cook, stirring, until they turn pink, about 3 minutes. Season to taste with salt, pepper, and hot sauce. (The dish may be covered and refrigerated at this point; reheat before serving.)

Divide the hot grits between two plates, spoon the shrimp over the grits, garnish with the sliced green scallion tops, and serve.

Greek-Flavored Grits with Shrimp & Roasted Red Bell Peppers

2 red bell peppers
2 tablespoons butter
3 garlic cloves, chopped
2 shallots, chopped
1½ teaspoons chopped fresh thyme
1 cup quick grits
3½ cups chicken stock
3 tablespoons heavy cream
1 teaspoon hot pepper sauce
1 teaspoon salt
¼ teaspoon freshly ground black pepper
1½ pounds large raw shrimp, peeled
1 cup crumbled feta cheese
Chopped fresh thyme or oregano for garnish

In this unusual recipe, the grits are cooked with garlic, shallots, and thyme and have a Mediterranean flavor. When you're in a hurry, bottled roasted red peppers can be substituted for fresh.

Preheat an oven to 400 degrees F. Butter an 11 x 7-inch glass baking dish.

Char the peppers over a gas flame or in the broiler until blackened on all sides. Put them in a plastic bag and let them stand for 10 minutes. Peel, seed, and coarsely chop the peppers.

Melt the butter in large heavy-bottomed saucepan over medium heat. Add the garlic, shallots, and thyme, and sauté until the shallots soften, about 2 minutes. Add the grits and stir for 1 minute. Whisk in the stock and cream. Simmer, stirring occasionally, until the liquid is absorbed and the grits are thick and tender, about 8 minutes. Whisk in the hot pepper sauce, salt, and pepper. Fold in the roasted bell peppers. Spread the grits in the baking dish. (This can be made up to 2 hours ahead and left standing at room temperature.)

Laying the shrimp on their sides, press them on top of the grits. Sprinkle with the cheese. Bake until the grits are heated through, the shrimp turn pink, and the cheese begins to brown, about 20 minutes. Garnish with thyme or oregano and serve.

