

by Nancy Finch, Food Columnist



## SHRIMP AND GRITS

### Ingredients

2½ c chicken broth  
1 T butter or margarine  
¾ c yellow grits  
3 T cream cheese  
2 T half and half (or more to make creamy consistency)

½ c chopped scallions  
1 lb. peeled shrimp  
3 T butter  
2 T lime juice

**Directions:** Bring broth and one tablespoon butter to a boil in saucepan. Stir in grits gradually. Bring to boil. Reduce heat and simmer 5 minutes. Stir in cream cheese and half and half. Simmer. Cover and cook until thick, about 7 minutes. Remove from heat and stir in scallions. Sauté shrimp in 3 tablespoons butter until pink. Then stir in lime juice. Serve shrimp over grits or to the side. Serves 4.

## Gussied-up Grits

On a nippy but beautiful April day in Camden, SC, where the azaleas were still in colorful array in every yard, we attended a wedding brunch that was about as Southern as you could get.

After Bloody Marys in the tented yard where a stable and horses could be seen nearby, a buffet brunch included, of course, ham biscuits and a new one for me: **Shrimp and Grits**, our main dish. I love grits and I love shrimp, but I had never had them together.

The bride has since told me that shrimp and grits is a standard in South Carolina cuisine. There, grits come in many guises.

Intrigued with the combination, we spent the hours between the brunch and wedding checking out gift shop cookbooks to find a recipe. The one that follows came from that search.

The Southern brunch inspired me and I was determined to serve shrimp and grits to dinner guests and introduce them to my new find.

Alas. More traveled than I, both women exclaimed, "I love shrimp and grits!" No newcomers were they. Discussing my version after dinner, one said, "Yours were delicious and like most that I've had except they usually have scallions with them." I gulped. The forgotten scallions were in the refrigerator.

My grits experimentation led to a more standard trial as well. **Confetti Grits Puff** — ham, grits and cheese in a casserole — a great brunch dish! ■

## CONFETTI GRITS PUFF

### Ingredients

1 c water	⅓ c chopped red bell pepper
¼ c quick grits, uncooked	2 T snipped chives, optional
¼ t salt	3 eggs separated
⅔ c chopped cooked ham	½ c (2 oz.) shredded cheddar cheese

**Directions:** Heat oven to 350 degrees. In heavy large saucepan, bring water to boil. Slowly stir in grits and salt. Return to boil. Reduce heat. Cook uncovered, 2½ to 5 minutes, stirring occasionally. Remove from heat. Stir in ham, bell pepper and chives (if using). Beat egg yolks until thick. Stir egg yolks and cheese into grits mixture. Beat egg whites until stiff peaks form. Fold into grits mixture. Pour into 1-quart casserole. Bake 45 to 50 minutes or until puffed and golden brown. Serve immediately. *Makes 4 servings.*