

Rachel Blanks' Southern Shrimp and Grits with Andouille Sausage



Rachel Blanks worked with our production team to turn her story into a video. You can watch it online at www.CETconnect.org/TGARecipe or www.thinktv.org/TGARecipe or in ThinkTV Presents on the PBS Video App. Enjoy!

Southern Shrimp and Grits with Andouille Sausage

Ingredients

- 4 tablespoons butter
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- ½ small bell pepper, finely chopped
- 1 stalk celery, finely chopped
- 3 cloves garlic, minced
- 2 tablespoons all-purpose flour
- 1 ½ tablespoons Cajun seasoning, or more to taste ([Cajun Lagniappe from Simply Savory by Rachel!](#))
- 4 smoked Andouille sausage links, halved lengthwise and sliced
- 16 ounces good quality chicken broth
- 1 Knorr chicken bouillon cube
- 2 dried bay leaves
- 1 tablespoon Kitchen Bouquet browning liquid
- 1 can (15-ounce) diced fire-roasted tomatoes, DO NOT DRAIN
- 1 pound large wild-caught shrimp, peeled, deveined and tail removed

- ½ cup heavy cream
- salt and freshly ground black pepper, to taste
- 2 tablespoons chopped parsley plus more for garnish

Additional Ingredients for the Grits

- 2 cups water, or more
- 2 cups chicken broth
- 1 cup regular grits
- Sea salt
- 1/4 cup heavy cream
- 2 tbsp. butter
- ¼ cup freshly grated Parmesan cheese
- 2 tablespoons heavy cream
- 1 tablespoon freshly ground black pepper

Instructions

Dish: Sear andouille sausage pieces in large heavy skillet over medium-high heat until browned. Add butter and olive oil and stir for 10 seconds. Add the onion, reduce heat to medium-low and cook 3 to 4 minutes or until beginning to soften. Add the bell pepper and celery. Cook until very soft, around 6-7 minutes. Stir in garlic, flour, Cajun seasoning and cayenne and cook briefly (15 seconds), until flour is incorporated into mixture.

Add chicken broth, bouillon cube, browning liquid, bay leaf, salt, pepper, and tomatoes. Bring to a boil, reduce heat to low and simmer for 8 to 10 minutes or until reduced slightly and thickened.

Stir in shrimp and cook 2 to 3 minutes or UNTIL JUST FIRM! Stir in heavy cream and heat through. Serve over grits with chopped parsley garnish!

Grits: Heat the 2 cups chicken broth and milk in a heavy-bottomed saucepan until just simmering. Stir grits into the simmering water and milk.

Reduce heat to medium low and cover. Cook, stirring often, until the grits are tender to the bite and have thickened to the consistency of thick oatmeal.

15 minutes into stirring, add the cheese. As the grits thicken, stir them more often to keep them from sticking and scorching. You may have to add additional milk and water as needed.

After 25 minutes, Season the grits generously with salt, add pepper to taste, and stir in the cream and butter. Remove from heat and let rest, covered, until serving. Serve hot with shrimp and sausage.

Notes: This recipe can be prepared up to two days ahead without the shrimp. Heat on the stovetop and add shrimp just before serving. However, the grits are best prepared shortly before serving. *Trust me*, they do not reheat well!