

KOHLER FOOD & WINE

Fried Shrimp & Grits Balls with Sausage Tomato Stew

Tiffany Derry

SERVES: 4

ACTIVE: 45 MINUTES

TOTAL: 90 MINUTES

INGREDIENTS:

Sausage Tomato Stew

1¼ cups canned whole tomatoes

¼ cup onion, diced

3 garlic cloves

1 teaspoon canola oil

3½ ounces smoked sausage (such as Zummo's Party Time), halved lengthwise then thinly sliced into half-moons

Shrimp and Grits Balls

1 cup (8 ounces) quick grits

4 cups water

2 teaspoons kosher salt

6 tablespoons unsalted butter

1 pound medium shrimp (26/30) peeled, deveined, tail removed

2½ teaspoons Creole seasoning (such as 'Shef Tiffany)

1 tablespoon canola oil, divided

1 small jalapeno, chopped with seeds

4 garlic cloves, chopped

1¼ cups shredded mild yellow cheddar

1¼ cups shredded sharp white cheddar

1½ tablespoons chopped fresh parsley

1½ teaspoons chopped fresh dill

1½ teaspoons chopped fresh basil

1½ teaspoons chopped fresh tarragon

½ cup all-purpose flour

2 cups panko breadcrumbs

¾ cup plus 1 tablespoon whole milk

⅓ cup buttermilk

1 large egg

Canola oil, plus more for frying (about 3 inches for the pot)

Additional Ingredients (for serving)

Pecorino Romano, for garnishing

Baby mixed greens, for serving

Sausage Tomato Stew

STEP 1

In a medium sauce pot add canned whole tomatoes and bring to a simmer.

STEP2

Into a sauté pan on medium high heat, add a few tablespoons of oil and sauté the smoked sausage, onion, garlic, and salt to taste until sausage has browned.

STEP3

In a blender, add in some warm tomatoes and some of the sautéed sausage. Blend together until smooth and bright in color, about 2 minutes, adding a little hot water if too thick.

STEP4

Pour into a container and finish blending the rest of the canned tomatoes and sausage in batches. Set aside.

Shrimp and Grits Balls

STEP 1

Make the Grits: Bring 4 cups of water to a boil in a large sauce pot. Add the salt. Gradually whisk in grits and whisk until smooth and no lumps remain. Reduce heat to medium, add butter, and whisk until melted. Let grits cook, whisking occasionally, until tender to bite, about 5 to 7 minutes. Spread grits out on a rimmed baking sheet and let cool.

STEP 2

Cook the Shrimp: Meanwhile, toss the shrimp with Creole seasoning in a medium bowl. Heat ½ tablespoon of the canola oil in a large skillet over medium high heat. Add shrimp and cook, turning once, until cooked through. Transfer to a work surface and let cool. Coarsely chop shrimp and set aside. Wipe out the skillet.

STEP 3

Sauté Aromatics: Heat 1 teaspoon canola oil in the same skillet over medium heat. Add jalapenos and garlic and cook, stirring often, for about 2 minutes.

STEP 4

Mix the Balls: Transfer cooled grits to a large bowl and break apart into small clumps. Add the sautéed jalapenos and garlic. Add mild yellow cheddar, white cheddar, parsley, dill, basil, and tarragon, and mix thoroughly. Add chopped shrimp and mix to evenly incorporate.

STEP 5

Form and Chill: Line a rimmed baking sheet with parchment paper. Using a 1-ounce scoop (about 2 tablespoons each), form grits mixture into balls and place on a prepared baking sheet. Chill until cold and firm, approximately 30 minutes.

STEP 6

Breading Station: Whisk together whole milk, buttermilk, and large egg in a medium bowl. Add flour to a second medium bowl, and add panko to a third medium bowl.

STEP 7

Bread: Lightly coat shrimp and grits balls with flour, then roll in egg mixture to coat. Roll in panko breadcrumbs and coat, pressing to adhere. Return to the baking sheet.

STEP 8

Fry: Heat 3 inches canola oil in a large pot over medium heat to 350°F. Working in batches, fry the shrimp and grits balls until golden brown on outside and gooey in centers, about 3 minutes per batch. Transfer to a paper towel-lined plate to drain.

STEP 9

Serve: Ladle ¼ cup of the sauce onto each plate. Top with a fried shrimp and grits ball and garnish with Pecorino Romano and baby greens.