



Pancetta Wrapped Bayou La Batre Shrimp with Rikards Mill Yellow Corn Grits and Grilled Heirloom Tomatoes

READY IN



110 min.

SERVINGS



6

CALORIES



809 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter whole
- 2 corn cobs
- 4 cups corn grits yellow stone-ground
- 1 ounce cooking sherry dry
- 6 servings fennel fronds for garnish
- 6 servings fennel bulb shaved
- 1 tablespoon flour all-purpose

- 3 inch heirloom tomatoes thick
- 3 jalapeño peppers split
- 1 tablespoon lemon pepper
- 1 tablespoon mascarpone cheese
- 6 pieces okra
- 8 ounces pancetta
- 6 servings micro parsley for garnish
- 6 servings salt and pepper
- 3 shallots peeled sliced
- 6 servings all the shrimp shells from peeling shrimp
- 24 head on shrimp wild (U-8)
- 1.5 quarts shrimp stock
- 1 tablespoon tomato paste
- 1 pint water
- 1 quart milk whole
- 4 ounces worcestershire sauce

Equipment

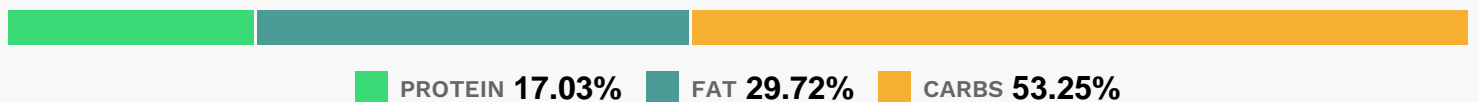
- frying pan
- sauce pan
- grill

Directions

- To prepare the shrimp, shell and devein, leaving the head on and reserving shells for the Shrimp Reduction. Slice the pancetta or have your grocer slice it for you the same thickness as slab bacon. Wrap the flesh part of each shrimp with the pancetta. To cook the shrimp, season the shrimp with lemon pepper and saute over medium heat until the pancetta is golden brown and crisp. Deglaze the pan with Worcestershire and reduce to coat the shrimp. Reserve for plating.
- To cook the grits: Bring the milk, water and jalapenos to a simmer over medium heat.

- Add the grits and butter; simmer until tender adding additional water if needed, stirring occasionally. When grits are tender, finish with mascarpone cheese and season with salt and pepper. Reserve warm for plating.
- In a small saucepan sweat the shallot, corn cobs and shrimp shells in whole butter until orange.
- Add tomato paste and caramelize. Deglaze with white wine and reduce.
- Add shrimp stock and simmer for 1/2 hour. Strain, reduce by 1/2 and finish with whole buerre manie – buerre manie is made by combining the whole butter with the flour. Reserve for plating.;
- Fry okra in 350 degrees F oil until golden. Grill heirloom tomatoes.
- Place tomatoes and okra in the middle of the plate, spoon grits on top of the okra and tomatoes, arrange shrimp around the plate.
- Sprinkle shaved fennel, fronds and parsley on top of dish.

Nutrition Facts



Properties

Glycemic Index:83.33, Glycemic Load:5, Inflammation Score:-8, Nutrition Score:25.315217308376%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 808.93kcal (40.45%), Fat: 26.49g (40.76%), Saturated Fat: 10.51g (65.69%), Carbohydrates: 106.82g (35.61%), Net Carbohydrates: 103.36g (37.59%), Sugar: 13.99g (15.55%), Cholesterol: 117.4mg (39.13%), Sodium: 1614.55mg (70.2%), Alcohol: 0.49g (100%), Alcohol %: 0.06% (100%), Protein: 34.17g (68.35%), Vitamin K: 71.39µg (67.99%), Phosphorus: 506.39mg (50.64%), Selenium: 31.19µg (44.55%), Vitamin B3: 7.22mg (36.09%), Calcium: 347.36mg (34.74%), Potassium: 1132.62mg (32.36%), Vitamin B1: 0.42mg (27.74%), Copper: 0.53mg (26.45%),

Vitamin B2: 0.43mg (25.15%), Vitamin B6: 0.49mg (24.74%), Vitamin C: 20mg (24.24%), Magnesium: 94.93mg (23.73%), Vitamin A: 1136.84IU (22.74%), Vitamin B12: 1.28µg (21.35%), Iron: 3.74mg (20.79%), Manganese: 0.4mg (19.92%), Zinc: 2.67mg (17.81%), Vitamin B5: 1.63mg (16.31%), Fiber: 3.46g (13.83%), Vitamin D: 1.89µg (12.57%), Folate: 44.39µg (11.1%), Vitamin E: 1.11mg (7.41%)