



Shrimp and Truffled Grits with Moroccan Chorizo Broth

READY IN



80 min.

SERVINGS



4

CALORIES



1319 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup brown sugar
- 1 stick butter
- 1 tablespoon butter
- 1 pinch cayenne pepper
- 2 tablespoons aged cheddar grated
- 1 cup bottled clam juice
- 4 servings top white for serving
- 1 teaspoon cumin toasted

- 4 eggs organic
- 1 tablespoon garlic minced
- 1 cup grits such as anson mills
- 0.3 teaspoon ground pepper
- 1 cup heavy cream
- 0.3 teaspoon kosher salt
- 4 tablespoons mascarpone cheese
- 2 cups milk
- 2 tablespoons olive oil
- 12 ounces florida rock shrimp
- 1 tablespoon shallots minced
- 0.5 cup sherry vinegar
- 0.5 tablespoon tōgarashi (Japanese chili powder)
- 1 teaspoon paprika smoked
- 0.3 cup soya sauce
- 0.5 cup chorizo spanish roughly chopped
- 3 teaspoon truffle oil fresh
- 10 vine tomatoes ripe chopped

Equipment

- frying pan
- sauce pan
- knife
- whisk

Directions

- Watch how to make this recipe.
- In a hot saute pan over medium heat, add the olive oil and sweat the chorizo until the fat starts to render, about 1 1/2 minutes. Then add the garlic and shallots. Cook until fragrant,

about 1 minute.

- Add the cumin, smoked paprika and cayenne pepper. Deglaze with the clam juice and add the heavy cream. Allow to reduce by half. Finish with the butter and keep warm until ready to serve.
- When ready to serve, add the rock shrimp and cook for about 2 minutes.
- Fry the eggs according to your preference.
- Serve the shrimp and chorizo over the Truffled Grits with Aged Cheddar and top with the fried eggs.
- Garnish with Tomato Jam and serve with crusty white bread.
- Bring the milk, cream and butter to a boil in a medium saucepan over high heat.
- Whisk in the grits vigorously. Lower the heat and continue to cook, about 10 minutes. Season with the salt and pepper. Taste the grits at this point; if they are still firm, continue to cook until softened. If grits become too thick, thin with additional milk.
- Remove from the heat and stir in the cheeses and truffle shavings or truffle oil. Keep warm until ready to serve.
- On the base of each tomato, slice an X with a paring knife, piercing the skin. Drop the tomatoes in boiling water for about 30 seconds.
- Place tomatoes in ice water.
- Remove the peel from the tomatoes and slice in half, squeezing out the seeds. Roughly chop.
- Place in a saucepan over high heat with the sugar, sherry vinegar, soy sauce, 1/2 cup water and togarashi, and bring to a boil. Cook rapidly, stirring often, until the liquid has evaporated by 80 percent and the tomatoes have a jam-like consistency, 25 to 30 minutes. Refrigerate and use as needed.

Nutrition Facts



PROTEIN 11.05% **FAT 54.18%** **CARBS 34.77%**

Properties

Glycemic Index:117.63, Glycemic Load:6.2, Inflammation Score:-10, Nutrition Score:36.88652187845%

Flavonoids

Naringenin: 2.09mg, Naringenin: 2.09mg, Naringenin: 2.09mg, Naringenin: 2.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 1319.11kcal (65.96%), Fat: 80.33g (123.59%), Saturated Fat: 42.23g (263.95%), Carbohydrates: 115.99g (38.66%), Net Carbohydrates: 110.56g (40.21%), Sugar: 72.1g (80.12%), Cholesterol: 452.31mg (150.77%), Sodium: 2095.33mg (91.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.85g (73.7%), Vitamin A: 5885.56IU (117.71%), Selenium: 53.74µg (76.77%), Phosphorus: 639.5mg (63.95%), Vitamin C: 46.48mg (56.34%), Vitamin E: 6.71mg (44.72%), Calcium: 443.09mg (44.31%), Potassium: 1419.81mg (40.57%), Vitamin B2: 0.67mg (39.16%), Vitamin B6: 0.77mg (38.67%), Vitamin B12: 2.24µg (37.35%), Vitamin K: 37.26µg (35.49%), Manganese: 0.68mg (33.99%), Magnesium: 110.52mg (27.63%), Vitamin B3: 5.05mg (25.27%), Copper: 0.5mg (25.12%), Folate: 100.48µg (25.12%), Iron: 4.26mg (23.68%), Vitamin B5: 2.3mg (22.96%), Vitamin D: 3.3µg (22.03%), Zinc: 3.29mg (21.95%), Fiber: 5.42g (21.7%), Vitamin B1: 0.32mg (21.61%)