



Shrimp Cognac and Baked Cheese Grits

 Gluten Free

READY IN



120 min.

SERVINGS



12

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 ounces chanterelles fresh chopped
- ☐ 0.3 cup ghee
- ☐ 0.5 cup cognac
- ☐ 1 tablespoon creole seasoning
- ☐ 3 eggs
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 2 cups grits yellow

- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 leek halved cut into 1/4-inch pieces
- ☐ 2 ounces morel mushrooms fresh chopped
- ☐ 3 ounces oyster mushrooms fresh chopped
- ☐ 1.8 teaspoons salt
- ☐ 12 servings salt and pepper black to taste
- ☐ 8 ounce cheddar cheese shredded
- ☐ 1 pound gulf shrimp deveined peeled
- ☐ 0.5 cup shrimp stock
- ☐ 2 tomatoes peeled seeded chopped
- ☐ 3 tablespoons butter unsalted
- ☐ 0.3 cup veal stock
- ☐ 6 cups water
- ☐ 1 cup milk whole

Equipment

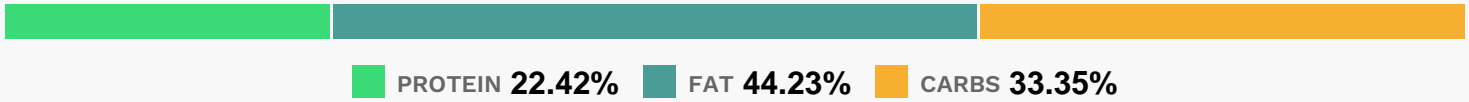
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Bring the water and 3/4 teaspoon of salt to a boil in a large pot.
- ☐ Whisk in the grits and return to a boil. Reduce heat to low, and cook, stirring frequently until the grits are tender and very thick, about 30 minutes.

- ☐ Remove from the heat, and stir in 1 3/4 teaspoons of salt and 1/2 teaspoon of pepper, 1/2 cup butter, 2 tablespoons garlic, and the Cheddar cheese until the cheese has melted. Beat the eggs in a bowl with the milk until smooth, then stir into the grits until evenly combined.
- ☐ Pour into the prepared baking dish.
- ☐ Bake in the preheated oven until the grits are hot in the center, and the top is golden brown, about 1 hour.
- ☐ Meanwhile, melt the clarified butter in a skillet over medium heat. Stir in 2 tablespoons of garlic, and cook until golden, about 2 minutes.
- ☐ Add the leeks, and cook 1 minute more. Stir in the morel mushrooms, oyster mushrooms, chanterelle mushrooms, tomatoes, and Creole seasoning; cook and stir until the mushrooms begin to release their liquid, about 3 minutes.
- ☐ Pour in the cognac and simmer 2 minutes before pouring in the shrimp stock and veal stock. Return to a simmer, and cook until the liquid has reduced by half. Stir in the shrimp, thyme, and 3 tablespoons of butter. Cook and stir over low heat until the shrimp is no longer translucent, about 4 minutes; season to taste with salt and pepper.
- ☐ Serve the shrimp and mushroom sauce alongside the baked grits.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:10.906086963156%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 336.58kcal (16.83%), Fat: 15.52g (23.88%), Saturated Fat: 8.6g (53.76%), Carbohydrates: 26.33g (8.78%), Net Carbohydrates: 24.65g (8.96%), Sugar: 2.37g (2.63%), Cholesterol: 140.24mg (46.75%), Sodium: 783.01mg (34.04%), Alcohol: 3.34g (100%), Alcohol %: 1.33% (100%), Protein: 17.7g (35.41%), Phosphorus: 268.96mg (26.9%), Calcium: 215.66mg (21.57%), Selenium: 14.47µg (20.67%), Vitamin A: 952.41IU (19.05%), Copper: 0.32mg (15.91%), Vitamin B2: 0.25mg (14.68%), Zinc: 1.87mg (12.44%), Iron: 2.12mg (11.79%), Manganese: 0.23mg (11.27%), Potassium:

386.8mg (11.05%), Magnesium: 41.35mg (10.34%), Vitamin D: 1.28µg (8.51%), Vitamin B6: 0.17mg (8.47%), Vitamin C: 6.3mg (7.64%), Vitamin B3: 1.52mg (7.59%), Vitamin B12: 0.42µg (7.07%), Vitamin B5: 0.68mg (6.84%), Fiber: 1.69g (6.74%), Vitamin K: 6.5µg (6.19%), Vitamin B1: 0.09mg (5.86%), Folate: 23.19µg (5.8%), Vitamin E: 0.67mg (4.46%)