



Shrimp Grits, Pickled Jalapeño, Fried Egg

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



504 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.1 teaspoon ground pepper to taste
- ☐ 1 cup regular corn
- ☐ 1 jalapeno thinly sliced
- ☐ 1 teaspoon kosher salt
- ☐ 4 quail eggs
- ☐ 1 spring onion white thinly sliced
- ☐ 2.5 pounds shrimp frozen thawed cleaned peeled (16 to 20 count) (2 pounds total without tails)

- ☐ 0.3 cup sugar
- ☐ 6 tablespoons butter unsalted
- ☐ 1.7 cups vegetable stock
- ☐ 0.8 cup water
- ☐ 0.5 cup vinegar white

Equipment

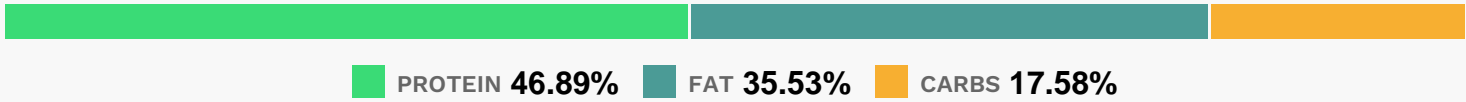
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ meat grinder

Directions

- ☐ Place the jalapeño slices in a small heatproof bowl.
- ☐ In a small saucepan, bring the water, vinegar, sugar, and salt to a boil.
- ☐ Pour over the jalapeño, cover, and let cool. Once the mixture is cool, cover the bowl with plastic wrap and refrigerate overnight.
- ☐ Grind the shrimp using a meat grinder fitted with a fine (3/16-inch) die.
- ☐ Clean and dry the meat grinder and parts (you will need it again later).
- ☐ In a large, deep sauté pan over moderate heat, melt 2 tablespoons butter until foamy.
- ☐ Add the ground shrimp, along with 1/2 teaspoon salt and the cayenne, and cook, stirring constantly with a wooden spoon (the shrimp will clump, but that is OK), until firm and crumbly, 7 to 8 minutes.
- ☐ Remove from the heat and use the meat grinder fitted with a fine (3/16-inch) die to grind the shrimp 2 more times.
- ☐ Return the shrimp "grits" to the large, deep sauté pan, and add the vegetable stock, corn powder, and remaining 4 tablespoons butter.

- ☐
- Place over moderate heat and cook, stirring occasionally, until slightly thickened and hot, 2 to 3 minutes. Stir in the remaining 1/2 teaspoon salt, along with the scallion and pepper. Divide the shrimp "grits" evenly among 4 shallow bowls, garnish with pickled jalapeño slices, and, if desired, top each with 1 fried egg.
- ☐
- *Corn powder can be ordered online from Momofuku Milk Bar. Alternatively, you can grind freeze-dried corn in a blender until a fine powder forms, then sift it and measure out 1 cup. Freeze-dried corn is available online from Walmart or Melissa's Produce.

Nutrition Facts



Properties

Glycemic Index:87.15, Glycemic Load:13.38, Inflammation Score:-5, Nutrition Score:14.417391548986%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 503.97kcal (25.2%), Fat: 20.13g (30.97%), Saturated Fat: 11.48g (71.73%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 21.26g (7.73%), Sugar: 15.34g (17.04%), Cholesterol: 577.54mg (192.51%), Sodium: 1329.39mg (57.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.76g (119.51%), Phosphorus: 665.38mg (66.54%), Copper: 1.15mg (57.63%), Magnesium: 113.03mg (28.26%), Zinc: 4.22mg (28.12%), Potassium: 870.16mg (24.86%), Calcium: 200.35mg (20.03%), Vitamin A: 977.81IU (19.56%), Iron: 2.07mg (11.51%), Manganese: 0.21mg (10.35%), Vitamin K: 8.76µg (8.35%), Vitamin C: 6.88mg (8.34%), Vitamin B2: 0.11mg (6.37%), Vitamin E: 0.78mg (5.21%), Vitamin B5: 0.5mg (5.02%), Selenium: 3.45µg (4.92%), Folate: 18.38µg (4.59%), Fiber: 1.15g (4.59%), Vitamin B6: 0.09mg (4.3%), Vitamin B3: 0.74mg (3.69%), Vitamin B1: 0.05mg (3.46%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.44µg (2.94%)