

“Downhome goes Uptown” Shrimp & Grits
(a version of this is featured on the Zest! dinner menu)

4 cups chicken broth
2 sprigs rosemary
1 teaspoon sea salt
½ teaspoon fresh black pepper
1 cup yellow cornmeal
2 Tablespoons unsalted butter
4 ounces crumbled gorgonzola
1½ cups prepared red sauce
4 ounces shredded asiago cheese
3 cups roasted summer vegetables (see below)
6 ounces baby greens, lightly tossed with fresh lemon juice, olive oil, sea salt & fresh black pepper
36-21/25 peeled & deveined shrimp tossed in olive oil, salt, pepper & a pinch of chili flakes, threaded onto 9-12” skewers
sun-dried tomato pesto
basil pesto

For Polenta:

Bring chicken broth, rosemary, sea salt & pepper to a boil over high heat in a heavy-bottomed sauce pan. Very gradually add the cornmeal, whisking constantly until mixture begins to thicken. Reduce heat to medium-low, stirring constantly with a wooden spoon until mixture is thick and creamy and begins to pull away from the sides of the pan. Remove rosemary sprigs using tongs & discard. Stir in butter and gorgonzola until cheese has almost completely melted. Taste for seasoning.

For Vegetables:

Tossed 6 cups cubed vegetables in olive oil, sea salt and fresh ground black pepper. Arrange on a baking sheet and roast at 350° for 30-45 minutes, until they are soft and golden brown. This will yield about 3 cups after roasting (we use grape tomatoes, summer squash, zucchini, eggplant, red onion).

For Shrimp:

Grill shrimp skewers over medium-high heat until they are just cooked, using an outdoor grill or an indoor grill pan.

For Plating:

Make a puddle on each plate using ¼ cup red sauce for each. Spoon polenta over the top, leaving a border of the red sauce. Sprinkle with asiago cheese. Spoon roasted vegetables over the asiago. Top with dressed greens, then arrange 3 shrimp skewers on top of the greens. Decorate the edge of your plates with alternating dots of the red and green pesto. Sit back and enjoy as you WOW your guests!!

Makes 6 entrée-sized portions.