



Shrimp Cauliflower Grits

Ingredients:

1 head of cauliflower
1 pound of Louisiana brown shrimp
1 stick of salted butter
6 pieces of bacon (keep bacon grease)
1/2 cup Parmesan cheese
1 cup heavy whipping cream
green onions (optional but so good)
1 cap of Liquid crab boil
1 tbs of minced garlic
1 tbs of garlic salt
1 tbs Cajun seasoning
1 tsp paprika
Sprinkle of black pepper

Instructions:

1. Shrimp - peel, devein, and rinse. Set aside.
2. Cauliflower- clean, rinse & chop into pieces.
3. Fill pot with enough water to cover cauliflower. Boil 30 minutes (smash florets with a spoon) until puréed reduce heat.
4. Cut bacon into pieces and cook, when done take out and put on plate with paper towel. Keep about 1/3 cup of the bacon grease set aside.
5. Once cauliflower is puréed add 1/2 stick of butter, bacon grease , all your spices & Parmesan cheese mix well put lid on simmer for 8 minutes. Still well before serving!
6. Add , butter or bacon grease to a hot skillet, add shrimp , season with Cajun seasoning . Cook for 2-3 minutes.
7. Serve: add cauliflower grits to a bowl, add shrimp , bacon bits , sprinkle of Parmesan cheese, green onions optional but I highly recommend.
8. Enjoy & “ put some south in ya mouth “



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