



SHRIMP & POLENTA

Till's Tastes' version of New Orleans style BBQ Shrimp and Grits.

Serves 4 people

36	Shrimp, raw, shells on, 21-25 count	Peel and devein the shrimp saving the shells.
3 tbsp	Till's Rub	In a bowl season the shrimp with the rub and set aside.
2 tbsp	Olive Oil	Heat the oil in a saucepan on high until lightly smoky. Add the shrimp shells and sauté for 5 minutes.
4 ribs	Celery, diced	Add to the pan.
1	Onion, large, finely diced	Add half of the onion and cook on medium heat for 5 minutes.
8	Garlic Cloves, smashed	Add the garlic and cook for 1 minute.
4	Lemon Slices, ¼" thick	Add to the pan.
2	Bay Leaves	Add to the pan.
1 tsp	Paprika	Add to the pan.
¼ tsp	Cayenne	Add to the pan.
1 tbsp	Flour	Add to the pan and stir to combine. Cook for 1 minute.
½ cup	White Wine	Add wine, scrape the bottom of the pan and cook until almost all the wine has evaporated.
1 tbsp	Worcester Sauce	Add to the pan.
2 cups	Chicken Broth	Add the broth and let the sauce simmer on low heat for 10 minutes.
2 tbsp	Butter	In a skillet heat up the butter on med-high until the foam subsides. Add the rest of the diced onion and the shrimp and cook the shrimp for 1 minute on each side. Strain the sauce over the shrimp and continue to cook for 2 minutes.
¼ cup	Italian Parsley, chopped	Add the parsley to the sauce and serve over polenta (or steamed rice if you are not into cornmeal so much).

POLENTA

For the easiest version buy dry instant Polenta meal (usually found in the international section of your grocery store).

4 cups	Chicken Broth	Add the broth to a sauce pan.
2 cups	Milk, whole	Add the milk.
2 tbsp	Olive Oil	Add the oil and bring to a simmer.
2 cups	Instant Polenta	In a steady stream whisk in the corn meal. Cook on low for 5-7 minutes stirring constantly.
½ cup	Parmesan, grated	Turn off the heat and add the parmesan, stir to combine.
	Salt & Pepper	Add salt and freshly ground pepper to taste and serve.