



# “Nola on a Plate” Shrimp

BY CHEF NINA COMPTON

SERVES 2

## KNOW AHEAD:

We recommend serving the “Nola on a Plate” Shrimp with grits. Chef Nina’s recipe below requires soaking the grits overnight.

## INGREDIENTS →

- 1 “Nola on a Plate” Shrimp Seasoning Card:
  - 1 tsp (2 pods) Cayenne Chile
  - 1 tsp (2 pods) Mexican Oregano
  - 1 tsp (2 pods) Classic Paprika
  - 1 tsp (2 pods) California Onion Powder

## FRESH

- 2 cups whole milk (For the grits)
- 2 Tbsp unsalted butter (For the grits)
- 1 lemon
- 1 microplaned garlic clove, for the Creole seasoning
- 1 Tbsp finely chopped basil
- ½ Tbsp finely chopped fresh thyme
- 1 lb large shrimp, size U10 if possible, shell and head on (“U10” means that the shrimp are large enough that there are “under” or less than 10 per pound)
- ¼ cup chopped yellow onion
- 1 Tbsp chopped chives
- 1 Tbsp minced garlic, for the BBQ sauce
- 1 cup heavy cream

## PANTRY

- 1 cup grits (not quick cooking or instant)
- ½ tsp salt, divided
- 1 tsp freshly cracked black pepper, plus more
- 4 Tbsp olive oil, divided
- 1 bay leaf
- ¼ cup Worcestershire sauce
- 2 Tbsp dry white wine

## SUBSTITUTIONS →

**SHRIMP:** We recommend getting large shrimp with the shell head on, for better flavor and texture, if possible

## FRESH CHOPPED HERBS:

1 tsp dried herb for 1 Tbsp fresh (½ tsp dried for ½ Tbsp fresh)

**BAY LEAF:** It kills us to ask you to go out and buy a jar of spice we can’t supply, but whole bay leaves truly lend an incredibly deep, complex flavor that can’t be matched and we strongly recommend getting a fresh jar of bay for this recipe if you don’t have one already. To extend shelf life, we recommend storing the leaves in the freezer in an airtight bag or container. Annoying but worth it!

## SERVE WITH →

Grits (See ingredients to the left and instructions on the next page)

## INSTRUCTIONS

- 1. SOAK THE GRITS:** In a container, cover the grits with 2 inches of water (approx. 4 cups) and soak overnight.
- 2. MAKE THE GRITS:** The next day, in a medium pot, bring 2 cups of the grits soaking liquid, milk, butter and ¼ tsp salt to a boil over medium heat. Gently whisk in the grits, whisking out any lumps, and cook on low heat for 3 hours, stirring occasionally.
- 3. SUPREME THE LEMON:** While the grits are cooking, “supreme” or section the lemon. Peel the fruit, removing the rind and the pith (spongy white tissue) underneath. Now you want to segment the lemon, removing the membranes that separate each section of fruit. To do this, use a sharp knife to cut parallel along a membrane toward the core of the lemon. Then, slice parallel to the adjacent membrane toward the core until the cuts meet, to release the segment. Repeat for the entire lemon, then set the juice and segments aside. (If helpful, see [here](#) ↗ for photos of the process).
- 4. MAKE THE CREOLE SEASONING:** In a small bowl, combine all the spice pods – 2 Cayenne Chile pods, 2 Mexican Oregano pods, 2 Classic Paprika pods, and 2 California Onion Powder pods – with the microplaned garlic, basil and thyme. Mix together thoroughly.
- 5. PREP THE SHRIMP:** Peel and devein the shrimp, leaving only their heads and tails attached. Set aside the peeled shells – these bring extra flavor to the BBQ sauce. Sprinkle the shrimp with 1 Tbsp Creole Seasoning and 1 tsp ground black pepper, then mix to coat. Refrigerate the seasoned shrimp while you make the sauce.
- 6. MAKE THE BBQ SAUCE:** Heat 1 Tbsp oil in a medium saucepan over high heat. When the oil is hot (you can tell by dropping in a shell, if it sizzles right away the oil is ready), add chopped onions, chives, and the minced garlic, and sauté for 1 minute. Add the shrimp shells to the pan, along with the remaining Creole seasoning, bay leaf, peeled lemons segments, 2 cups of water, Worcestershire sauce, dry white wine, ¼ tsp salt, and a dash of black pepper. Stir all the ingredients together well and bring to a boil. Reduce the heat and simmer on low for 30 minutes. Remove from heat and allow the mixture to cool for about 15 minutes before straining through a fine mesh sieve into a small saucepan. Discard the shells and solids. There should be less than 2 cups of strained liquid. Place the saucepan over high heat and bring to a boil. Reduce the heat to medium and cook, stirring frequently, until the liquid is thick, syrupy, and golden brown. This usually takes about 15 minutes, and the 2 cups will have reduced to about ¼ cup.
- 7. SAUTE THE SHRIMP:** Heat 3 Tbsp oil in a large skillet over high heat. When the oil is hot, add the seasoned shrimp and sauté them, occasionally shaking the skillet, for about 2 minutes. Add heavy cream and all of the BBQ sauce and simmer together for about 2 minutes. Remove from heat.
- 8. PLATE:** Once done, transfer the grits to two bowls for eating. Serve the shrimp immediately over the grits, and eat until *occo!*

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, “FOOD COMA.” OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*