

# The Mangrove Galley

by Sandi Mieszczeni

Sandi's recipes are featured here monthly. For previous issues go to <http://www.theconchtelegraph.com>.



One of my favorite holidays is Christmas. It is a great time of the year to share with family and friends. I love serving a Christmas brunch. Last year, I made shrimp and grits which was a big hit. Since shrimp is so abundant in the Keys, this recipe (which is relatively easy to make) is a perfect dish to start the holiday. Try the recipe; I am sure that you will enjoy it. Happy holidays!

## SHRIMP AND GRITS

- 3 cups chicken broth
- 2 cups half and half
- 2 ½ cups of grits (yellow grits if you can find them; Do not use instant grits)
- 2 cups grated sharp cheddar cheese
- 1 ½ pounds of peeled and cleaned shrimp
- 2 andouille sausages
- 1 cup thinly sliced green onions
- Salt and pepper to taste

Slice the andouille sausages into ¼ inch thick rounds and then cut the rounds in half. Heat until cooked through. Place on a paper towel and drain the fat from the pan. Lightly sauté the shrimp in the same pan and remove when just pink.

Bring the chicken broth to a boil. Add the half and half and reduce to a simmer. Slowly add the grits, stirring constantly. If you add the grits too quickly, it will result in messy clumps. Cover the pan and cook five to six minutes. Stir occasionally. Add the cheese, mixing well. Stir in the shrimp and sausage and let simmer until well heated. Serve with the green onions on top.

This recipe will serve four people.

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