

Shrimp and Grits

24 servings (4 oz grits, 6 oz shrimp)

INGREDIENTS

For Grits:

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|--------|------------------------|
| 1 gal | Water |
| 6 cups | Whole Milk |
| 3 cups | Old Fashioned Grits |
| 3 Tbsp | Lawry's Garlic Salt |
| ½ cup | Butter, unsalted |
| 1 cup | Parmesan Cheese grated |

For Shrimp:

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|----------|---------------------------------------|
| 4 lbs | Shrimp, peeled/deveined |
| 1 Tbsp | Kosher Salt |
| 1 tsp | Baking Soda |
| 2 Tbsp | Butter, unsalted |
| 2 Tbsp | Extra Virgin Olive Oil |
| 3 cups | Onions diced |
| 1 ½ cups | Red Bell Pepper, diced |
| 1 ½ cups | Green Bell Pepper, diced |
| 2 Tbsp | McCormick Culinary Cajun Seasoning |
| 1 Tbsp | McCormick Culinary Smoked Paprika |
| 1 tsp | McCormick Culinary Crushed Red Pepper |
| ¼ cup | Tomato Paste |
| ¼ cup | Sherry Vinegar |
| 1 each | #10 can Diced Tomatoes, no salt added |
| 2 cups | Vegetable Stock, unsalted |

PREPARATION

1. For the grits: Bring water and milk to a boil in a large heavy bottom pot. Whisk in grits and Lawry's Garlic Salt and bring mixture back to a boil. Reduce heat to low and simmer, whisking frequently, until thickened, about an hour.
2. Turn heat off and whisk in butter and parmesan cheese. Hold hot.
3. For the shrimp: In a large bowl toss shrimp with salt and baking soda. Refrigerate for at least 15 minutes, or up to 2 hours.
4. In a large heavy bottom pot heat butter and oil over medium heat. Add onions and bell peppers and sauté until onions are translucent and peppers have softened, about 5-7 minutes.
5. Add seasonings and cook, stirring, until fragrant. Add tomato paste and cook for about 1 minute. Add sherry vinegar and stir until well combined.
6. Add diced tomatoes and vegetable stock. Bring mixture to a boil and reduce heat to low. Simmer for 10 minutes.
7. Remove 8 cups of mixture and blend until smooth. Add back to the pot and stir until well mixed. Add shrimp and simmer until shrimp are cooked through. Hold hot.
8. For service: Scoop 4 oz of grits onto serving plate and top with 6 oz of shrimp mixture.

Shrimp and Spinach Baked Omelet

24 servings

INGREDIENTS

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| 2 lbs | Shrimp, peeled, deveined, minced |
| 1 Tbsp | McCormick Culinary Greek Seasoning |
| ½ tsp | Baking Soda |
| 2 Tbsp | Vegetable Oil, divided |
| 4 cups | Onions, diced |
| 10 oz | Baby Spinach Leaves |
| 4 tsp | Lawry's Touch of Sea Salt Mediterranean Seasoning |
| 4 dz | Eggs |
| 2 cups | Heavy Cream |
| 4 cups | Cherry Tomatoes, halved |
| 2 cups | Feta Cheese (could be fat free if needed) |

PREPARATION

1. Preheat convection oven to 325°F. Combine shrimp with McCormick Culinary Greek Seasoning and baking soda. Set aside for 15 minutes, or up to 2 hours.
2. Heat 1 Tbsp of oil in a large skillet. Add onions and 2 teaspoon Lawry's Mediterranean Seasoning. Sauté until translucent and starting to caramelize. Add spinach and stir until all the spinach has wilted. Remove from pan and set aside.
3. Add remaining oil to the same pan. Add shrimp and cook, stirring, until pink and opaque. Remove from pan and set aside.
4. Spray a full hotel pan with cooking spray. Whisk together eggs, heavy cream, and 2 teaspoon Lawry's Mediterranean Seasoning. Pour eggs into spray hotel pan and over. Bake for 20 minutes.
5. Remove eggs from oven (they will not be fully cooked). Sprinkle cooked shrimp over partially cooked eggs. Repeat with onion/spinach mixture, tomatoes, and feta cheese. Return to oven uncovered and bake until eggs have set, about 30-40 minutes. Rest for 10 minutes before cutting into 24 portions. Garnish as desired.

Shrimp Bisque

24 servings (8 oz serve)

INGREDIENTS

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| 1 cup | Butter, unsalted |
| 4 ½ lbs | Shrimp, peeled/deveined, shells and heads reserved |
| 8 each | Carrots, peeled, diced |
| 8 each | Celery Stalks, diced |
| 3 each | Onions, diced |
| 6 Tbsp | Tomato Paste |
| 1 ½ cup | Dry Sherry |
| 2 gal | Water |
| 3 each | McCormick Culinary Bay Leaves |
| 2 cups | Long Grain Rice |
| 1 Tbsp | Salt |
| 4 Tbsp | Perfect Pinch Zesty Pepper Seasoning |
| 2 tsp | McCormick Culinary Cayenne Pepper |
| 2 tsp | McCormick Culinary White Pepper |
| 2 cups | Heavy Cream |

PREPARATION

1. In a large heavy bottom pot, melt butter over medium heat. Add shrimp shells and cook until shells begin to crackle and start to brown. Add carrots, celery, and onions and cook until they have softened slightly.
2. Add tomato paste and stir until shells and vegetables are evenly coated. Increase heat to high and cook until tomato paste has begun to caramelize. Stir in sherry and cook until liquid has reduced completely. Add water and bay leaves. Bring stock to a boil then reduce heat to low and simmer for 1 hour.
3. While stock is simmering, mince shrimp and refrigerate.
4. After stock has finished simmering strain out shells and vegetables making sure to press through the strainer to extract maximum flavor.
5. Return stock to pot and bring to a boil. Add rice, salt, Perfect Pinch Zesty Pepper Seasoning, cayenne and white peppers. Reduce heat to low and cover. Simmer until rice is fully cooked, about 30 minutes, stirring occasionally.
6. Puree bisque in batches in a blender or in the pot with a stick blender. Return to pot if using a traditional blender. Heat over medium heat and add minced shrimp. Cook, stirring occasionally, until shrimp is cooked through, about 10 minutes.
7. Serve 8 oz per serving. Garnish as desired.