

Italian Polenta Pots with Shrimp and Basil Pesto

Ingredients

- 4 cups reduce sodium chicken broth
- 1 cup stone ground grits or polenta (Palmetto; Anson, Red Mill)
- 1/4 cup havarti cheese
- 2 tbsp Butter no salt
- 3 tbsps olive oil
- 3 cloves garlic (large), minced
- 1 lbs frozen, devined, unshell raw shrimp 16/20 count
- 2 cups fresh basil chopped
- 1/4 cup pine nuts
- 1/2 lemon (use juice)
- 1 tsp lemon zest
- 1/2 cup grated parmesan cheese
- salt & pepper to taste

Instructions

Preparation

- Shell shrimp, and remove tails. If you don't have 20 shrimp, add more. The idea is to have two shrimp on each Polenta pot.
- Preheat Oven - if you need to keep polenta warm while preparing food
- If using prepared pesto - skip pesto steps

Polenta/Grits

Mix Polenta/Grits and Chicken Broth together in a non-stick pan over high heat till it comes to a boil, then cover and turn down to a simmer (low) and cook 25 to 35 minutes. Stirring every few minutes. Once the Polenta thickens add 2 tablespoons of butter and 1/4 cup of cheese. Stir until well mixed, add salt and pepper remove from heat and keep covered.

Summary

Yield: 10

Source: Adapted from Adore Foods Polenta Squares with Garlic Shrimp and Spinach Pesto

Prep Time: 5 minutes

Category: Appetizers

Cuisine: Italian

Tags: Shrimp, polenta, parmesan, grits, basil

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Shrimp

Add 3 tablespoons of olive oil and garlic to saute pan, heat until fragrant - add shrimp in single layer and cover for 3 minutes, then flip shrimp and cover. About 6 minutes end to end. Check and make sure shrimp is opaque to ensure they are cooked. Salt and Pepper to taste

Pesto

In food processor, add basil* leaves, pine nuts, lemon juice and zest. Pulse processor and add 1/3 cup oil slowly once mixed, stir in 1/2 cup of parmesan cheese.

Serve

- Add warm polenta/grit mixture into ramkin (serving spoon) - you can warm in oven
- Add tablespoon of pesto to top of polenta ramkin pot
- Add two shrimp on top of the pesto on top of polenta ramkin pot
- Salt and Pepper to taste
- Garnish with tuffle oil, and thyme

Notes

You can make pesto out of argula, spinach or kale

You can purchase fresh pesto and use that for a short cut

You can spread out grits or polenta and once it sets, cut into squares and bake at 350 for 20 minutes and follow serve instructions