

OUTDOOR  ALABAMA

# WILD EATS

— **Go Hunt. Go Fish. Go Eat!** —



## Ivey's Shrimp & Grits Cakes

Recipe from Foley's famous Ivey's Restaurant

### What You Need (Shrimp Ingredients)

- » 1 tbsp. unsalted butter
- » ¼ cup diced yellow onions
- » 3 tbsp. sliced green onions
- » ½ cup shrimp stock
- » 1 cup heavy cream
- » Salt, to taste
- » Black pepper, to taste
- » 12 Alabama wild shrimp (*peeled & deveined*)
- » 2 tbsp. Worcestershire sauce
- » 1 Dash Tabasco

### How You Make It

1. Preheat a medium sauce pan. Then add butter, onions and shrimp. Cook 3 minutes or until the shrimp start to turn pink.
2. Add salt, black pepper, Worcestershire and Tabasco. Cook until onions start to caramelize. Then add shrimp stock.
3. Reduce the stock by half and add cream.
4. Cook until sauce is reduced and will nap a spoon.



Serves: 2



Difficulty: Easy

**20**  
MIN

Prep Time

**30**  
MIN

Cook Time



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## Ivey's Shrimp & Grits Cakes (Continued)

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### What You Need (Grits Cakes Ingredients)

- » 1 cup quick grits
  - » 3 cups water
  - » ½ cup sharp Cheddar cheese (*grated*)
  - » 2 tsp. salt
  - » ½ cup milk
  - » ½ cup 40% heavy whipping cream
  - » 2 cups egg wash
  - » 2 cups all-purpose flour
  - » 2 cups bread crumbs
  - » Peanut oil for deep frying
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### How You Make It

1. Use a double boiler. Measure the water in the inner boiler and place on stove until it boils. At the same time, put water in the outer boiler and place it on the stove to bring to a boil.
2. When the water is boiling in both pans, put the grits and the salt in the inner boiler and stir until you are sure there will be no lumps in the grits. The boiler with the grits may be left on direct heat until the grits start to thicken. When the grits start to thicken, place the inner boiler into the outer boiler.
3. Stir grits almost continuously, especially as they begin to thicken. The cheese and cream may be added at any time during the cooking process. When they are added, be sure the cheese has melted and incorporated into the grits completely. The grits should be cooked at least 20 minutes from the time the water returns to a boil after you add the grits. The longer the grits are cooked, up to 1 hour, the creamier they will be.
4. After the grits are cooked, pour onto a cookie sheet and place in the refrigerator for several hours or overnight. After chilling, cut with a knife and separate. When ready to fry, cut grits into serving size, about 1-inch thick and about 3 x 4 inches.
5. Beat the eggs and add milk to make an egg wash. Place the grits cake in milk, coat in flour, then back into the milk, and then coat in the bread crumbs. Place the grits cake in the hot peanut oil at and cook until golden brown.
6. Place two of the grits cakes on each plate and pour the shrimp sauce over the grits cakes for serving.

#### **GOT A RECIPE?**

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