

Chinese Bbq Shrimp And Grits

Yield: 3 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-congee-recipe-using-corn-grits>

Ingredients:

- 18 large shrimp extra, peeled and de-veined
- 6 slices thick-cut bacon chopped, you could use spicy pork sausage instead
- 1 pinch red pepper flakes
- 2 cloves garlic small, minced
- 1 shallot minced
- sea salt to taste
- white pepper to taste
- 1 tablespoon rice flour for very light dredging
- rice vinegar splash of, for deglazing
- lower sodium chicken broth or water, plus more if needed, see note
- brown sugar to taste, see note
- bbq sauce jar of Chinese, any brand
- white sesame seeds toasted, for garnish
- 2 scallions chopped, for garnish
- canola oil
- 1 cup water
- 1 cup low sodium chicken stock
- 2 tablespoons heavy cream
- 1 pinch baking powder less than 1/8 tsp
- 1 pinch cayenne pepper
- 1 pinch onion powder
- 1 pinch paprika
- 1 pinch granulated garlic
- 1/2 cup stone ground grits
- 2 tablespoons cream cheese softened, optional
- 3 tablespoons butter
- sea salt to taste
- freshly ground black pepper to taste
- fresh squeezed lemon juice squirt of, optional

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 150 milligrams
4. Fat: 53 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 21 grams
8. Sodium: 1290 milligrams
9. Sugar: 10 grams

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