

# Besotted Gourmet



**Spicy Shrimp & Tomatoes**, Serves 4  
Adapted from *Gourmet*

**Prep Time:** 30 Minutes  
**Total Prep Time:** 30 Minutes

## **Ingredients:**

*For the Polenta:*

¼ Cup Butter  
4 Tbls. Olive Oil  
3 Cloves Garlic, minced  
½ Tsp. Red Pepper Flakes  
½ Tsp. Salt  
½ Tsp. Pepper  
1 ½ Cups Chicken Stock  
1 Cup Half-and-Half  
1 Cup Milk  
1 Cup Cornmeal  
¼ Cup Parmesan, grated

*For the Spicy Shrimp & Tomato:*

2 Tbls. Olive Oil  
4 Slices Bacon, cut into ½ inch pieces  
2 Cloves Garlic, minced  
¼ Tsp. Red Pepper Flakes  
1 14oz. Can Diced Tomatoes  
1 lb. Shrimp, peeled and de-veined  
1 Tbls. Parsley, chopped

## **Preparation:**

Begin the polenta by heating the butter and olive oil in a very large saute pan over medium heat. Add the garlic, red pepper flakes, salt, and pepper and saute for 1 minute.

Add the chicken stock, half-and-half, and milk to the pan and bring to a boil.

Rather than watching the pot, waiting for it to boil, get on making the spicy shrimp and tomatoes. Fry the bacon and red pepper flakes in the olive oil in a frying pan over medium heat for 5-6 minutes. Add the garlic and cook for 2 minutes, stirring constantly. Immediately add the tomatoes, mix in with the bacon and garlic well, and allow to simmer for 8 minutes.

By this time, the polenta liquid should be boiling, or close to. Remove from the heat and very slowly add in the cornmeal, bit by bit, stirring constantly. Return to the stove top over low heat and cook until bubbly, stirring consistently, though not necessarily, constantly (every 1-2 minutes) for 5-8 minutes.

Back to the shrimp and tomatoes.... once your 8 minutes are up, add the shrimp to the pan and cook for 3 minutes, stirring constantly. Turn the heat down to very low, just to keep the dish warm but not continue to cook.

Once the polenta has been bubbling for 5-8 minutes, remove from the stove, stir in the Parmesan, and plate. Scoop a healthy serving of the spicy shrimp and tomatoes over the polenta, garnish with a bit of parsley, serve & enjoy!