



## *Achiote Rock Shrimp, Apple-Fennel Slaw with Grits*

Far Niente Estate Bottled Chardonnay, Napa Valley

*by Executive Chef Trevor Eliason*

### *Ingredients*

#### **Achiote Marinade**

2 ounces achiote paste  
3 tablespoons lemon juice  
1 ½ pounds rock shrimp,  
shelled and deveined

#### **Grits**

1 ½ cups milk  
2 cups water  
1 teaspoon kosher salt  
1 cup grits, or white polenta  
1 teaspoon kosher salt  
¼ cup butter  
¼ cup Parmesan cheese

#### **Apple-Fennel Slaw**

2 Granny Smith apples,  
peeled and julienned  
2 fennel bulbs, thinly sliced  
½ cup sour cream  
1 tablespoon cilantro, chopped  
1 tablespoon parsley, chopped  
½ teaspoon lime zest  
1 tablespoon lime juice  
Kosher salt, to taste

#### **Achiote Rock Shrimp**

1 teaspoon kosher salt  
1 tablespoon olive oil

### **METHOD**

#### **Achiote Marinade**

In a medium sized bowl, mix two ounces of the achiote paste with the lemon juice and whisk to dissolve. Add the rock shrimp and mix to coat. Marinate the shrimp in the refrigerator for 30 minutes.

#### **Grits**

While the shrimp marinates, bring the milk, water and salt to a boil in a small pot over high heat. Slowly mix in the grits or polenta, and stir continuously until well combined, and cover with a lid. Lower the heat to medium-low and cook for 30 minutes, stirring occasionally. Finally, fold in the butter and Parmesan. Set aside until needed.

#### **Apple-Fennel Slaw**

Place the julienned apples and sliced fennel bulbs into a mixing bowl. Add the fennel bulb, sour cream, chopped cilantro and parsley, lime zest, lime juice and salt. Mix to combine and taste for seasoning.

#### **Achiote Rock Shrimp**

Heat a large sauté pan on high heat. Remove the marinated rock shrimp from the refrigerator and sprinkle with a teaspoon of salt. Add the olive oil to the pan, then add the rock shrimp in one layer, cooking in batches. This process should be quick, about two minutes per batch, and make sure to clean the pan and add fresh oil between batches. Achiote tends to burn if left in the pan too long. Set aside.

#### **Presentation**

For serving, spoon the grits in the center of the plate, followed by the rock shrimp, then top with the apple-fennel slaw. We suggest pairing this lovely dish with a glass of Far Niente Chardonnay. Bon appétit!

*Serves 4*