



Market Open-Air Kitchen

Brenda's Jamaican Jerk Shrimp & Cauliflower

Developed and Prepared by Brenda Smith
June 25, 2022

INGREDIENTS

For Cauliflower Grits:

- 4 cups riced cauliflower
- 1/2 cup low-sodium organic chicken broth
- 1/c cup milk of your choice (I use unsweetened almond milk)
- 2 tsp. ghee or butter
- 1/4 tsp. sea salt or Himalayan salt
- 1/4 tsp. ground black pepper
- 1/2 cup shredded cheddar cheese
- 1 Tbsp. cornstarch

For Shrimp:

- 4 slices turkey or center-cut bacon
- 2 tsp. ghee or butter
- 1 lb. raw medium shrimp, peeled and deveined
- 2 tsp. JABBS Jamaican Jerk Seasoning
- 1 dash sea salt or Himalayan salt
- 1/4 cup sliced green onions

DIRECTIONS

1. In a large pot combine cauliflower, broth, milk, ghee, salt and pepper. Bring to a simmer and cook, stirring/ slightly smashing with a spoon frequently, for 5 minutes.
2. In a small bowl, toss cheese in cornstarch to coat. Stir cheese into cauliflower mixture, then simmer, stirring constantly, 1 minute, until cheese is melted. Remove from heat; set aside.
3. Cook bacon in a large skillet until crisp, then set aside on paper towels. When cool, crumble into small pieces.
4. In the same skillet, melt ghee. Add shrimp, Jamaican Jerk Seasoning and salt. Sautee until shrimp are pink and cooked through, 3-5 minutes. Remove from heat. Add green onions and bacon and stir to combine.
5. Divide cauliflower grits evenly among 4 plates (about 3/4 cup per plate). Top with approximately 8 shrimp per plate. Serve immediately or store refrigerated in an airtight container for up to 2 days.
6. For a complete meal, serve with a side salad tossed in Honey Mustard Vinaigrette (Whisk together 2/3 cup extra-virgin olive oil, 1/4 cup champagne vinegar or red wine vinegar and 2 Tbsp. JABBS Honey Mustard Rub. Drizzle to taste over salad.)



Contributing Vendors:

- **D.J. David & Company**
- **Ur Greek Market**
- **JABBS Seasonings**

All contributing market vendors are located along the Green Vendor Loop.

Contact Brenda Smith at 410-430-4375 or CoachBrendaSmith@gmail.com for more free recipes and tips in JOYful Living in Better Health. Free sample 30-minute at-home workouts and consults available upon request.

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<https://www.oceanpines.org/web/pages/farmers-artisans-market>