



# Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



## Shrimp & Tasso Breakfast

Nonna Snowden recommends you visit her at [www.nonnasnowden.cooks](http://www.nonnasnowden.cooks) and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. This recipe is provided by Gumbo Daddy's Seasonings. It is simple, delicious, and a great way to start any day! Nonna followed Gumbo Daddy's recipe, for the most part. The recipe below will highlight her changes. Enjoy!

### Ingredients:

- 1 tablespoon goat butter (olive oil is the original recipe)
- 2 ounces tasso ham, minced (1/2 cup) (Nonna used more - 1 cup)
- 1 cup chopped onion
- 1 garlic clove, minced
- 36 medium shrimp, peeled (about 1 1/4 pounds)
- Gumbo Daddy Cajun Seasoning
- 2 1/4 cups water, divided
- 1 tablespoon goat butter (original recipe called for unsalted butter)
- 1/4 teaspoon salt
- 1 cup uncooked quick-cooking grits
- 4 ounces sharp cheddar cheese, shredded (about 1 cup)
- 1/2 cup sliced green onions

### Preparation: Shrimp and Tasso

1. Heat 1 tblsp butter (olive oil) in a large skillet over medium-high heat.
2. Add tasso; sauté 2 minutes or until edges are golden. (See Note 1)
3. Add onion; sauté 2 minutes. Add garlic; sauté 1 minute. (See Note1)
4. Add shrimp to pan, sprinkle with Gumbo Daddy Cajun Seasoning, and cook 3 minutes, turning once. (Note 1)
5. Add 1/4 cup water, scraping pan to loosen browned bits. Remove from heat; add butter, stirring to melt. Cover and keep warm. (Optional)

### Preparation: Grits (See Note 2)

1. Bring milk (1 cup), salt, and 2 cups water to a boil over medium-high heat. Reduce heat.
2. Gradually add grits, and cook until thick and bubbly (about 5 minutes), stirring constantly with a whisk.
3. Remove grits from heat; add cheese, stirring with a whisk until cheese melts.

**Serve:** Spoon grits evenly onto 6 plates. Top evenly with shrimp, ham mixture, and green onions

**Note 1:** Nonna put all the ingredients (except shrimp) in at one time and sautéd. Once tasso was brown she added the shrimp. Do not add the shrimp and tasso at same time as the tasso needs more time to cook. You do not want to over cook the shrimp.

**Note 2:** Nonna followed the directions on the quick grits box. She did not use milk, but used water instead. Also, she cooked it in the microwave.

Nonna donates 50% of proceeds to [JumpForTheRose.org](http://JumpForTheRose.org).

