

Seafood Charlie Recipe

Creamy Polenta with Shrimp, Roasted Poblanos

A Seafood Charlie Recipe

Prep Time: 15 Mins

Cook Time: 20 Mins

Servings: 4

Ingredients

7 oz poblano peppers

4 cups fat-free milk

2 tsp unsalted butter

1/2 tsp black pepper

1/4 tsp salt

1 cup yellow cornmeal

1/2 cup shredded sharp white Cheddar cheese (2 ounces)

1 Tbs olive oil

1 1/4 lb raw 21-25 count peeled and deveined shrimp, thawed if necessary

3 garlic cloves, chopped

2 tsp hot sauce

Sliced green onions and/or chopped fresh cilantro leaves for garnish (optional)

Directions

1. Place oven rack about 5 inches from broiler. Preheat broiler to high. Place poblano peppers on rimmed baking pan and broil 4 to 5 minutes or until the skin is completely blackened, turning occasionally. Place peppers in bowl and cover bowl with plastic wrap; let stand 10 minutes.
2. Meanwhile, in medium saucepot, combine milk, butter, 1/4 teaspoon black pepper and 1/8 teaspoon salt; heat to boiling over medium heat. Gradually whisk in cornmeal until incorporated; reduce heat to low and cook 4 minutes, whisking occasionally. Remove from heat; stir in cheese. Cover to keep warm.
3. Remove skin from poblano peppers; pull off stem and cut lengthwise in half. With paring knife, scrape seeds, then cut into 1/2-inch pieces.
4. In large skillet, heat oil over medium heat. Add shrimp and cook 3 to 4 minutes or until shrimp turn almost opaque throughout, stirring occasionally. Stir in garlic, remaining 1/4 teaspoon black pepper and 1/8 teaspoon salt, and poblano peppers, and cook 1 to 2 minutes or until shrimp turn opaque throughout, stirring occasionally.
5. To serve, spoon shrimp mixture over polenta and sprinkle with hot sauce. Garnish with green onions and cilantro, if desired.

Enjoy!