

# Seafood From Coast To Coast



**A recent cook-off challenged chefs to prepare a home-style seafood dish for today's busy home cook in just 45 minutes.**

(NAPSA)—From coast to coast, Americans love their seafood, and many have found that the best seafood comes from the waters surrounding our great country.

Showcasing sustainable, domestic seafood, the Louisiana Seafood Promotion & Marketing Board, with generous support from the National Oceanic and Atmospheric Administration (NOAA), presented the 2007 Great American Seafood Cook-Off. Chefs from coast to coast prepared succulent dishes made with Gulf shrimp, wild salmon, sea bass and other seafood representative of their states.

The second-place winner, Louisiana's Chef Tenney Flynn, showcased Louisiana red snapper, while the third-place winner, Massachusetts' Chef Michael Schlow, featured halibut.

The first-place winner, Georgia's Chef Tim Thomas, created this spectacular dish using wild-caught Georgia shrimp and everyday ingredients designed for today's busy cook.

## **Shrimp Ratatouille With Boursin Cheese Grits** *Makes 6 servings*

### **Shrimp:**

- 35 large shrimp, peeled and deveined
- 6 cloves garlic, minced
- 2 tsp. chopped fresh basil
- Salt and pepper
- ½ cup olive oil

### **Grits:**

- 4 cups milk

- 2 Tbsp. butter
- 1 cup quick grits
- Salt and pepper
- 4 oz. Boursin cheese

### **Ratatouille:**

- ¼ cup olive oil
- 1 eggplant, peeled, large diced
- 1 onion, diced
- 3 cloves garlic, diced
- 1 green pepper, diced
- 4 oz. Michelob Bavarian Style Wheat beer
- 1 zucchini, diced
- 1 yellow squash, diced
- 2 tomatoes, diced
- 1 cup tomato juice
- Basil, oregano, salt and pepper to taste

Combine shrimp ingredients; marinate 30 minutes.

Boil milk and butter; add grits. Cook over medium heat for 15 to 20 minutes, stirring often. Season with salt and pepper. Add cheese; cook 2 to 3 minutes. Set aside.

Heat oil in large skillet. Add eggplant; cook 5 minutes or until brown. Drain excess oil. Add onion, garlic and green pepper. Cook 1 minute. Add beer; cook 3 minutes. Add remaining ingredients; simmer 10 minutes.

Just before serving, cook shrimp 30 seconds on each side. To serve, top grits with ratatouille, then shrimp.

For chef bios and recipes, visit [www.GreatAmericanSeafoodCookOff.com](http://www.GreatAmericanSeafoodCookOff.com).