**Show Name:** Emeril’s Florida  
**Episode Name:** “Big Night Out”  
**Episode Number:** CCEMF-112H

**Florida Cioppino with Grilled Lobster and Jalapeno Cheese Grits**

Recipe Courtesy of Executive Chef Anthony Sicignano/The Breakers/Palm Beach, Florida

***Ingredients:* Grits**

3 cups water

3 cups milk

1 teaspoon salt

½ teaspoon freshly ground [white pepper](http://www.foodterms.com/encyclopedia/white-pepper/index.html)

2 tablespoons butter

¾ cup stone ground white grits

3 tablespoons roasted Jalapeño pepper, diced

1 cup Parmesan Reggiano cheese, grated

***Method:* Grits**

In a large [saucepan](http://www.foodterms.com/encyclopedia/saucepan/index.html), over medium heat, combine the water, [milk](http://www.foodterms.com/encyclopedia/milk/index.html), salt, pepper and 1 tablespoon of the butter. Bring the liquid to a gentle boil. Stir in the [grits](http://www.foodterms.com/encyclopedia/grits/index.html). Cook for 1 hour and 15 minutes, stirring occasionally. (\*\*The grits will stick to the bottom of the pan, so make sure not to scrape the bottom of the pan. If the grits absorbed all of the water, add some hot water to thin out the grits.) Remove the pan from the heat and stir in the remaining 1 tablespoon of butter, the cheese, and jalapeno peppers. The grits can either be served immediately or prepared in advance and reheated.

***Ingredients:* Grilled Florida Lobster**

1 ea Fresh Florida Lobster, Split and Cleaned

¼ Cup Garlic, Slivered

2 oz Extra Virgin Olive Oil

1 oz Butter

1 Lime, squeezed

To season, Kosher Salt and Fresh Ground Black Pepper

***Method:* Grilled Florida Lobster**

Rub the lobster meat with garlic, butter and oil, season with Kosher Salt and Fresh Ground Black Pepper. Grill, body side down at first, until cooked 3/4 through; Flip and grill meat side. Remove lobster from grill and squeeze with Fresh Lime Juice over top.

***Ingredients:* Cioppino**

½ Cup Extra Virgin Olive Oil

½ Cup Garlic, Slivered

1 Pinch Crushed Red Pepper Flakes

½ Cup Heirloom Tomatoes, Peeled and Diced

12 Each Venus Clams, washed

12 Each Florida Pink Shrimp, Peeled and Deveined

1 Cup White Wine

2 Each, Lionfish Fillets, (3 oz. each), cubed

4 Each, Stone Crab Claws (knuckle meat removed and shell removed from the claw)

½ Cup Whole Butter

To season, Kosher Salt and Fresh Ground Black Pepper

1 Tablespoon, Fresh Basil Chiffonade

1 Teaspoon, Fresh Mint, Chiffonade

1 Tablespoon, Fresh Parsley, Chopped

1 Lemon, cut in half

***Method:* Cioppino**

In a Saucepan, heat the Extra Virgin Olive Oil until just about to the smoking point; Add the garlic, red pepper flakes, then tomatoes, quickly; Sauté until garlic becomes translucent.

Add the Venus Clams, wait two minutes then add the pink shrimp and white wine immediately after the shrimp; Simmer.

When Shrimp and Clams are halfway cooked, add the Lionfish, Stone Crab claws and knuckle meat, along with the softened whole butter; Cover and simmer until fish is barely cooked through; Season with Kosher Salt and Fresh Ground Black Pepper, and finish with freshly chopped basil, mint and flat leaf parsley and a sprits of fresh lemon juice.

***Plating/Assembly:***

In a large, deep platter, place 2 cups of the Jalapeño Grits, arrange the Cioppino around the grits, and garnish platter with the grilled lobster. Serve.

**Yield**: Serves 2 generously