

Chef's Shrimp and Grits

Ingredients:

4 ounces of Smoky Cheddar
Cheese Grits (Preparation Below)
1 oz Blended Oil (**CBI # 114010** Fronte
Blended 20% EVOO/80% Canola)
5 Shrimp (**CBI # 246001** Sail P & D tail-on
raw shrimp)
2 ounces Chopped Bacon
1 tsp Chopped Garlic (**CBI # 138032** CBI
Chopped garlic in water)
½ Squeezed Fresh Lemon
2 oz of White Wine (Chardonnay)
2 oz of Heavy Cream
1 tsp Chives (**CBI # 140068** Litehouse Freeze dried
Chives)
1 tsp Parsley (**CBI # 140197** Litehouse Freeze Dried Parsley)
Micro greens to Garnish



Directions:

Prepare Grits.

Milk, Enriched Quick-Grits, Smoky Cheddar Cheese, season to taste with salt and pepper.

Heat oil in a sauté pan then add bacon, garlic and shrimp. Sauté for 3 minutes.

Add white wine to deglaze and squeeze fresh lemon.

Remove shrimp and place on grits.

Add heavy cream, herbs and reduce.

Pour sauce over entrée and garnish with micro greens.