



AMERICAN COOKERY:

Shrimp and Grits

CROWD FAVORITE SHRIMP AND GRITS WITH EVOO FROM SPAIN

Shrimp and Grits are a classic Southern Dish, born in South Carolina, that mix the salty flavors of the shrimp with the sweet consistency of the grits, and ends on a creamy finish with extra virgin olive oil from Spain. Indulge in this crowd favorite for breakfast, lunch, or dinner without compensating your health with EVOO from Spain.

INGREDIENTS

- 2 cups chicken broth.
- 2 cups milk.
- 1/3 cup of extra virgin olive oil from Spain.
- 3/4 teaspoon salt.
- 1/2 teaspoon pepper.
- 3/4 cup uncooked old-fashioned grits.
- 1 cup shredded cheddar cheese, 8 thick-sliced chopped bacon strips.
- 1 pound uncooked medium shrimp, peeled and deveined, 3 cloves of minced garlic.
- 1 teaspoon Cajun seasoning.
- 4 chopped green onions.

STEP BY STEP

- 1.** In a large saucepan, bring the broth, milk, EVOO from Spain, salt and pepper to a boil. Slowly stir in grits then reduce the heat. Cover and cook for 12-14 minutes or until thickened, stirring occasionally.
- 2.** Stir in cheese until it melts within the grits. Then, set aside and keep warm.
- 3.** In a large skillet, cook the bacon over medium heat until crisp then chop into small pieces.
- 4.** Saute the shrimp in the remaining oil with garlic and seasoning until the shrimp turns a pretty pink.
- 5.** Serve the shrimp and bacon on top of the grist with green onion and a drizzle of EVOO from Spain.

