



Carolina Coastal Shrimp N' Grits Entree Salad

Description



This South Carolina Coastal classic, kicked up a notch in this Olive Tap recipe, is enjoyed throughout the Carolinas.

Ingredients:

- 1-1 1/4 lbs. of shrimp, raw, deveined and peeled, tail on
- 1/2 C. flour
- 1 C. white wine
- 1 C. Dijon mustard
- 1 1/2 C. grits

- Salt and pepper
- Dried herbs, such as Herbes de Provence, thyme, rosemary, oregano, or savory
- 2 heads of romaine lettuce
- Arugula or baby spinach
- 2 Roma tomatoes
- 3 lemons
- 1 clove of garlic
- 1/3 C. of a 50/50 blend of The Olive Tap's [Sorrento Lemon Fused Olive Oil](#) and [Herbs de Provence Olive Oil](#)

Directions:

Breading Station for Shrimp:

1st Bowl:

1/2 C. flour, salt and pepper

2nd Bowl:

1 C. each white wine and Dijon mustard (sub whole grain), whisked together till smooth (instead of the usual egg)

3rd Bowl:

1 1/2 C. grits (yellow if possible), dried herbes de provence (or some other dried hearty herb)

Preheat oven to 475 degrees.

For the Shrimp:

1 to 1 1/4 lbs. large shrimp, raw, deveined, peeled, tail on (for presentation (each salad would need at least 4 shrimp)

1. Pat dry with a paper towel, then salt and pepper each side. Taking one shrimp at the time and holding the tail, dip first into flour mixture, shaking off excess, then dip into wine/Dijon mixture, then roll in grits.
2. Place so that shrimp are in a single layer on a greased, lined baking sheet. Place in oven for 10-12 minutes.

For the Salad Greens:

2 heads of romaine
Baby arugula or spinach
2 Roma tomatoes (or grape, if Roma are not available)

1. Wash and dry romaine leaves. Bagged arugula and spinach are usually triple washed and ready to use. Dice tomatoes, medium sized dice.
2. Arrange romaine in bowls on platter or 4 individual salad plates. Top with the remaining greens, then the diced tomatoes.

For the Vinaigrette:

1. Grab a bowl and whisk. Add the juice of 3 lemons (should equal about 1/3 C.), salt and pepper, 1 small crushed garlic clove and whisk.
2. Then drizzle in 1/3 C. Sorrento Lemon/Herbs De Provence Olive Oil (50/50 blend) while whisking. Drizzle over the salad then top with the cooked shrimp.

Recipe is property of Eclectic Personal Chef, LLC created specifically for The Olive Tap Charlotte, North Carolina.
Recipe originally appeared at <https://theolivetaprecipes.com/recipes/carolina-coastal-shrimp-n-grits-entree-salad/>

[Back to Recipes](#)

Date
06/05/2025