



WISCONSIN CHEESE PRESENTS

FAVORITE FOODS WITH CHEF *Michael Symon*

EPISODE

1

Pan-Roasted Shrimp with Wisconsin Aged Parmesan

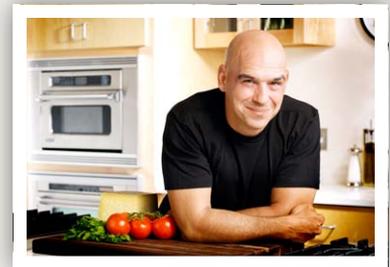


EPISODE 1

Pan-Roasted Shrimp with Wisconsin Aged Parmesan

BY CHEF MICHAEL SYMON

One of the first signature dishes at Chef Michael Symon's restaurant, Lola, this meal can be enjoyed as an entrée or as a salad. Featuring buttery Wisconsin Aged Parmesan that crackles on the tongue, shrimp, white beans, and grape tomatoes, this original dish boasts rich and creamy flavors with a full-bodied taste.



ABOUT THE CHEF

Chef Michael Symon graduated from the Culinary Institute of America in Hyde Park, New York in 1990. He is a restaurant owner, chef, author, and TV personality. He has garnered countless accolades over the years, among them the renowned title of "Iron Chef" in 2007 and the James Beard Foundation award in 2009.



WISCONSIN CHEESE PRESENTS

FAVORITE FOODS

WITH CHEF

Michael Symon

EPISODE

1

Pan-Roasted Shrimp with Wisconsin Aged Parmesan

COOKING DIRECTIONS

Place shallots and garlic in mixing bowl. Add pinch of salt; mix. Add lemon juice, stir and slowly whisk in olive oil. Add tomatoes, beans, Parmesan cheese and dill. Mix well and set aside.

Pan-roast shrimp: Heat remaining 1 tablespoon olive oil in sauté pan. Add shrimp and cook, turning until pink and cooked through, about 3 minutes. Do not overcook. Season to taste with salt and coarsely ground black pepper.

Add warm shrimp to prepared mixture and toss. Serve immediately.



No. of Servings: 4-6

INGREDIENTS

- 2 shallots, minced (about 2 tablespoons)
- 1 clove garlic, minced
- Kosher salt and ground black pepper
- Juice of 2 lemons
- 1/2 cup (4 ounces) extra virgin olive oil plus 1 tablespoon for shrimp
- 1/2 cup grape tomatoes, halved
- 1 cup freshly cooked or canned white beans, such as cannellini
- 1 cup (about 4 ounces) Wisconsin Parmesan cheese, cut in small dice
- 1/4 cup fresh dill, chopped
- 1 pound large shrimp, peeled and deveined



WISCONSIN CHEESE PRESENTS

FAVORITE FOODS

WITH
CHEF

Michael Symon

EPISODE

1

Pan-Roasted Shrimp with Wisconsin Aged Parmesan



FEATURED CHEESE

Wisconsin Parmesan

Widely considered to be the king of Italian-style cheeses, Parmesan is added to many dishes to enhance flavor. Parmesan's flavor intensifies with age. While commonly grated and melted into food, Parmesan also works well as a table cheese. Wisconsin cheesemakers lead the U.S. in production of award-winning Parmesans.

FLAVOR: Buttery, sweet, and nutty. Intensifies with age.

GOES WELL WITH: Crackers, grapes, figs, plums, honey, walnuts, olives, and balsamic vinegar.

LIKES THESE DRINKS: Brandy, Chardonnay, Chianti, Madeira, Merlot, Pinot Gris, Riesling, Sauvignon Blanc, and Scotch.