

# JAMIKA PESSOA

CHEF | EMCEE

Since launching her television career as a contestant on The Food Network's *Next Food Network Star* in 2009, Jamika Pessoa has appeared on a number of nationally-acclaimed television shows including *Guy's Grocery Games*, *Best Thing I Ever Ate*, as well as Food Network's latest cooking competition show *Raid the Fridge*. She makes regular appearances on *Good Morning America*, the *Wendy Williams Show*, and the *Tamron Hall Show*. Currently you can see her as a weekly contributor and cohost on Dr. Oz's new series *The Dish on Oz*. From contestant to guest judge, contributor, and host, she is seriously stirring up the food industry!

A self-described Southern belle with Caribbean roots, Pessoa's cooking style is "Caribbean heat meets Southern sweet," and her mouthwatering, delicious recipes offer bold flavors and unexpected twists for meals for any occasion.

As a classically trained chef, Pessoa studied abroad in Italy and Austria. In 2006, she paired her business acumen with her love of cooking and entertaining and launched her catering business, Life of the Party Catering, becoming the celebrity chef for a high-profile roster of clients including rappers, athletes, and entertainers nationwide.

She is a dynamic businesswoman, wife, mother of two girls, and an inspiration as she shakes up perceptions of what a female chef can do. Whether it's in the kitchen, in front of the camera, or behind the scenes, you will instantly be captivated by her bold flavors, wit, style, and celebration of life! For more information on the life of the party herself, please visit [ChefJamika.com](http://ChefJamika.com).

## SHRIMP AND GRITS TACOS

1 cup quick-cooking grits  
4 cups water  
Salt, to taste  
1 tablespoon unsalted butter  
4 ounces canned green chiles  
1 cup shredded Colby Jack cheese  
½ cup sour cream  
½ pound jumbo shrimp, peeled, deveined  
¼ teaspoon chili powder  
¼ teaspoon garlic powder  
Salt and pepper, to taste  
3 teaspoons olive oil  
1 pack corn tortillas  
Pico de gallo, for garnish

In a small pot, bring water, salt, and butter to a boil. Stir in grits. Cook 5–7 minutes until thickened. Remove from heat. Stir in green chiles, cheese, and sour cream. Set aside.

Season shrimp with chili powder, garlic powder, and salt and pepper to taste.

Heat sauté pan over medium-high heat. Pour in oil and sear shrimp in pan approximately 2–3 minutes per side. Remove from pan once cooked.

Heat tortillas. To assemble tacos, spoon creamy grits on corn tortilla. Top with shrimp and spoon on pico de gallo.

Makes 8–10 tacos