

Blackened Fish & Shrimp Over Creamy Grits - Southern Comfort in 30 Minutes

Blackened Fish & Shrimp over Creamy Grits: A Southern Classic Reimagined



TIME
30 min

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INGREDIENTS

For the Fish & Shrimp:

- 2 white fish fillets (cod, halibut, mahi-mahi)
- 10 shrimp, peeled and deveined
- 2 tsp Cajun seasoning
- Salt & pepper to taste
- 1 tbsp olive oil
- 1 tbsp butter

For the Creamy Grits:

- $\frac{3}{4}$ cup quick grits
- 2 $\frac{1}{2}$ cups water or milk
- $\frac{1}{2}$ cup shredded cheddar cheese
- 2 tbsp butter
- Salt to taste

For the Cajun Cream Sauce:

- $\frac{1}{2}$ cup heavy cream
- 1 garlic clove, minced
- $\frac{1}{2}$ tsp Cajun seasoning
- 1 tbsp fresh chives or parsley

Ingredient Notes & Tips:

Fish Options: Cod or mahi-mahi hold up well to searing, but any firm white fish works.

Cajun Seasoning: Store-bought works fine, or use your own blend for a personal touch.

Grits Base: Milk adds creaminess, but water keeps it lighter. Use a mix for balance.

Spice Level: Adjust seasoning or add hot sauce to

bring the heat.

DIRECTIONS

1. **Cook the Grits:** In a saucepan, bring water or milk to a boil. Stir in grits and reduce heat. Simmer for 5-7 minutes until thickened, then stir in cheddar cheese, butter, and salt. Cover and set aside.
2. **Blacken the Fish & Shrimp:** Pat fish and shrimp dry, then season with Cajun seasoning, salt, and pepper. Heat olive oil in a skillet over medium-high. Sear fish for 3-4 minutes per side. Set aside. Add shrimp to the same skillet and cook 1-2 minutes per side until pink and curled.
3. **Make the Cajun Cream Sauce:** Melt butter in the skillet. Add minced garlic and sauté for 30 seconds. Stir in heavy cream and Cajun seasoning. Simmer for 2-3 minutes to thicken. Add fresh chives or parsley.
4. **Assemble & Serve:** Spoon creamy grits into shallow bowls. Top with blackened fish and shrimp. Drizzle with the warm Cajun cream sauce. Add a squeeze of lemon for brightness.

SWAPS & NOTES

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TIPS FOR SUCCESS

Don't Overcook Seafood: Shrimp and fish cook quickly-keep an eye on them!

Use Cast Iron: For the best blackened crust, a hot cast iron skillet is key.

Make Ahead: The grits and sauce can be prepped in advance and reheated.

Lemon Boost: A final squeeze of fresh lemon brightens and balances the richness.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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