

## Shrimp and Grits with Cajun Cream Sauce - A Southern Comfort Classic

Shrimp and Grits with Cajun Cream Sauce ?? Bold, Buttery, and Unforgettable



**TIME**  
**25 min**

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**ChefManiac**

### INGREDIENTS

For the Grits:

- 1 cup stone-ground grits
- 4 cups chicken stock or water
- 1 cup heavy cream
- 2 tablespoons butter
- Salt and pepper, to taste

For the Shrimp:

- 1 pound large shrimp, peeled and deveined
- 2 tablespoons Cajun seasoning
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/4 cup chopped green onion
- 1/2 cup diced bell pepper
- 4 slices crispy bacon, crumbled

For the Cajun Cream Sauce:

- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 2 teaspoons Cajun seasoning
- 1 teaspoon lemon juice

### DIRECTIONS

1. Prepare the Grits:: Bring chicken stock or water to a boil in a medium saucepan.
2. Gradually whisk in grits, reduce heat to low, cover, and simmer for 20-25 minutes, stirring occasionally until thick and creamy.
3. Stir in cream, butter, salt, and pepper. Keep warm.
4. Cook the Shrimp:: Toss shrimp in Cajun seasoning until evenly coated.
5. In a large skillet over medium heat, heat olive oil. Add shrimp and cook until pink, about 2 minutes per side. Remove and set aside.
6. In the same skillet, sauté garlic, green onion, and bell pepper for 2-3 minutes until softened. Add bacon and shrimp back to skillet. Toss to combine and set aside.
7. Make the Cajun Cream Sauce:: In a separate saucepan, melt butter. Whisk in flour and cook for 1 minute.
8. Slowly add heavy cream, whisking constantly to prevent lumps. Simmer until slightly thickened.
9. Stir in : Cajun seasoning, lemon juice, and season with salt and pepper to taste.
10. Assemble:: Spoon creamy grits into bowls.
11. Top with shrimp and vegetable mixture.
12. Drizzle generously with : Cajun cream sauce and garnish with extra green onions if desired.

### TIPS FOR SUCCESS

Use stone-ground grits for maximum creaminess and texture.

Don't overcook the shrimp -they only need about 2 minutes per side.

Adjust the Cajun seasoning based on your heat preference.

Add cheese to the grits (like sharp cheddar or Parmesan) for an extra indulgent twist.

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

Original recipe: <https://chefmaniac.com/shrimp-and-grits-with-cajun-cream-sauce-a-southern-comfort-classic/>