

Red Snapper, Shrimp & Grits with Cajun Cream Sauce: Southern Delight

Prepare to indulge in a symphony of Southern flavors with this incredible



TIME
1-2 min

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INGREDIENTS

4 red snapper fillets (about 4-6 oz each), skin on or off
12 large shrimp, peeled and deveined
1 cup grits (quick-cooking or regular)
4 cups water (for grits)
1/2 cup shredded cheddar cheese (for grits)
1/4 cup heavy cream (for grits)
2 tablespoons butter (for grits)
2 tablespoons olive oil, divided (for searing fish/shrimp)
1 tablespoon Cajun seasoning (for fish/shrimp)
1 cup heavy cream (for sauce)
1 teaspoon paprika
1/2 teaspoon garlic powder
1/4 teaspoon cayenne pepper (adjust to taste for heat)
Salt and black pepper to taste
Fresh parsley for garnish (optional), chopped

DIRECTIONS

1. Let's get this delicious : Red Snapper, Shrimp & Grits cooking!
2. Cook the : Grits: In a medium saucepan, bring 4 cups of water to a rolling boil. Slowly whisk in the 1 cup of grits, reducing the heat to low. Stir frequently (every 1-2 minutes) until the water is absorbed and the grits are thickened to a creamy consistency, about 15-20 minutes for quick grits (longer for regular). Remove from heat. Stir in the 1/2 cup shredded cheddar cheese, 2 tablespoons butter, and 1/4 cup heavy cream. Season generously with salt and pepper to taste. Cover and set aside to keep warm.
3. Season : Seafood: Pat the 4 red snapper fillets and 12 large shrimp thoroughly dry with paper towels. Season both sides of the snapper fillets and all sides of the shrimp generously with 1 tablespoon of Cajun seasoning.
4. Sear : Red Snapper: In a large skillet (cast iron or non-stick works well) heat 1 tablespoon of olive oil over medium-high heat until hot but not smoking. Carefully place the seasoned red snapper fillets in the hot skillet. Sear for 3-4 minutes on each side, or until a golden crust forms and the fish is opaque and cooked through. Remove the seared snapper from the skillet and set aside on a plate to keep warm.
5. Saut  Shrimp: In the same skillet, add the remaining 1 tablespoon of olive oil. Add the seasoned shrimp to the skillet and saut  for 2-3 minutes per side until they turn pink, opaque, and are cooked through. Do not overcook. Remove the cooked shrimp from the skillet and set aside with the snapper.

6. **Make the : Cajun Cream Sauce:** Lower the heat in the skillet to medium-low. Add 1 cup heavy cream, 1 teaspoon paprika, 1/2 teaspoon garlic powder, 1/4 teaspoon cayenne pepper (if using), and salt and black pepper to taste. Whisk constantly for 2-3 minutes until the sauce gently simmers and thickens slightly. Scrape up any browned bits from the bottom of the skillet into the sauce for extra flavor.
7. **Assemble & : Serve:** To serve, spoon a generous portion of the creamy grits onto each plate. Place a seared red snapper fillet and some sautéed shrimp over the grits. Generously drizzle the hot Cajun cream sauce over the top of the snapper and shrimp. Garnish with fresh chopped parsley if desired. Serve immediately.

SWAPS & NOTES

Red Snapper: Look for fresh, firm fillets.

Other white fish like cod, snapper, or even mahi-mahi can be substituted.

Shrimp: Use large (16/20 or 21/25 count) raw shrimp, peeled and deveined.

Grits: Quick-cooking grits will reduce preparation time.

TIPS FOR SUCCESS

Dry Seafood is Key: Patting the snapper and shrimp very dry before seasoning and searing is crucial for achieving a beautiful golden crust.

Don't Overcook Seafood: Both red snapper and shrimp cook very quickly.

Overcooking will make them tough and rubbery.

Whisk Grits Constantly: Whisking grits frequently prevents lumps and ensures a smooth, creamy texture.

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