

## Blackened Fish & Shrimp with Creamy Grits: A Southern Delight

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**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

2 white fish fillets (such as cod, halibut, or mahi-mahi - choose firm white fish)  
10 shrimp, peeled and deveined (medium to large size works best)  
2 tsp Cajun seasoning (store-bought or homemade)  
Salt & pepper to taste  
1 tbsp olive oil  
1 tbsp butter  
¾ cup quick grits (not instant, not stone-ground; quick-cooking for speed)  
2 ½ cups water or milk (milk makes them creamier)  
½ cup shredded cheddar cheese  
2 tbsp butter  
Salt to taste  
½ cup heavy cream  
1 garlic clove, minced  
½ tsp Cajun seasoning  
1 tbsp fresh chives or parsley, chopped (for garnish)

#### Swaps and Notes:

**Fish:** Any firm, white fish will work well here. Tilapia, snapper, or even catfish are good alternatives.

**Shrimp:** If you don't have fresh, frozen shrimp (thawed and patted dry) are perfectly fine.

**Cajun Seasoning:** Adjust the amount of Cajun seasoning to your spice preference. If your

seasoning blend is very salty, reduce the added salt. For a full dive into Southern flavors, consider my [This Cajun Chicken Sausage Gumbo Is My Favorite Bowl of Southern Comfort](#).

**Grits:** "Quick grits" cook faster than stone-ground but still offer good texture. Instant grits will work in a pinch but have a less desirable texture. For extra creamy grits, use all milk.

**Cheese for Grits:** While cheddar is classic, Monterey Jack or even a little Parmesan would also be delicious.

**Cream Sauce:** For a lighter sauce, you can use half-and-half, but heavy cream provides the best richness.

**Herbs:** Chives add a subtle oniony note, while parsley offers freshness. You could also use fresh cilantro or green onions.

## DIRECTIONS

1. Bringing this delicious dish to life is simple and fast. Follow these steps for a perfect meal:
2. **Cook the Grits:** In a medium-sized pot, bring the 2 ½ cups of water or milk to a boil over medium-high heat. Once boiling, slowly stir in the ¾ cup quick grits, stirring constantly to prevent lumps. Reduce the heat to low, cover the pot, and cook for 5-7 minutes, stirring occasionally, until the grits have thickened and are creamy. Remove from heat, then stir in the ½ cup shredded cheddar cheese, 2 tbsp butter, and salt to taste. Cover the pot again to keep them warm while you prepare the seafood and sauce.
3. **Blacken : Fish & Shrimp:** While the grits are cooking, pat the fish fillets and shrimp thoroughly dry with paper towels. This is crucial for achieving a good "blackened" crust. Season both sides of the fish and shrimp generously with the 2 tsp Cajun seasoning, and a little extra salt and pepper if desired. Heat 1 tbsp olive oil in a large, heavy-bottomed skillet (preferably cast iron) over medium-high heat until it shimmers. Add the seasoned fish fillets to the hot skillet. Sear for 3-4 minutes per side, or until the fish is blackened on the outside and cooked through and flaky on the inside. Remove the fish from the skillet and set aside. In the same skillet, add the seasoned shrimp. Cook for 1-2 minutes per side until they turn pink and curl. Remove the shrimp from the skillet and set aside with the fish.
4. **Make the Sauce:** Reduce the heat to medium-low. Add 1 tbsp butter to the skillet, letting it melt. Add the minced garlic clove and sauté for about 30 seconds until fragrant, being careful not to burn it. Stir in

the ½ cup heavy cream and the remaining ½ tsp Cajun seasoning. Bring the sauce to a gentle simmer and cook for 2-3 minutes, stirring occasionally, until it has slightly thickened.

5. **Assemble & : Serve:** To assemble your plates, spoon a generous portion of the warm, creamy grits into two bowls. Top the grits with the beautifully blackened fish fillets and juicy shrimp. Drizzle the warm Cajun cream sauce generously over the fish and shrimp. Finish with a sprinkle of fresh chives or parsley for garnish. Serve immediately and enjoy your Southern comfort masterpiece!

## SWAPS & NOTES

: the tender flakiness of the fish, the pop of the shrimp, the comforting creaminess of the grits, and that incredible kick from the Cajun seasoning and sauce.

It's a harmonious blend that feels both hearty and refined.

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

Original recipe: <https://chefmaniac.com/blackened-fish-shrimp-with-creamy-grits-a-southern-delight/>

What truly makes this recipe a favorite of mine is its efficiency.

Despite tasting like it simmered for hours, it comes together in just about 30 minutes.