

## Restaurant-Style Red Snapper, Shrimp & Grits with Cajun Cream Sauce

There are some dishes that immediately transport you to a specific place, and for me,



**TIME**  
**15-20 min**

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### INGREDIENTS

- 4 red snapper fillets (about 6 oz each)
- 12 large shrimp, peeled and deveined
- 1 cup grits (quick-cooking or regular, adjusting time accordingly)
- 4 cups water
- 1/2 cup shredded cheddar cheese
- 1/4 cup heavy cream (for grits)
- 2 tablespoons butter (for grits)
- 2 tablespoons olive oil
- 1 tablespoon Cajun seasoning (store-bought or homemade)
- 1 cup heavy cream (for sauce)
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

#### Swaps and Notes:

**Red Snapper:** Other firm white fish fillets like cod, halibut, or even tilapia can be substituted, though red snapper offers a unique delicate flavor and texture.

**Shrimp:** Use large or jumbo shrimp for the best presentation and texture. Fresh or frozen (thawed) work equally well. Ensure they are peeled and deveined.

**Grits:** Quick-cooking grits are fine for speed, but stone-ground grits offer a superior, creamier texture if you have the time (they will require longer cooking and more liquid). Adjust cooking time and water amount according to package directions for your chosen grits.

**Cheddar Cheese (for grits):** Sharp cheddar adds great flavor, but you can also use Monterey Jack, Colby, or a blend.

**Cajun Seasoning:** A good quality pre-made Cajun seasoning blend is convenient. You can also make your own with paprika, cayenne, garlic powder, onion powder, dried thyme, and oregano. Adjust spice level to your preference.

**Heavy Cream (for sauce):** Essential for a rich, luscious sauce. Do not substitute with milk or half-and-half, as the sauce won't thicken properly.

**Cayenne Pepper:** Adjust the amount of cayenne in the sauce to control the heat. Start with less and add more if you like it spicier.

**Garnish:** Fresh parsley adds a beautiful pop of color and freshness. Chopped green onions would also be lovely.

**Instructions:**

**Cook the Grits:** In a medium saucepan, bring 4 cups of water to a rolling boil. Slowly whisk in the 1 cup of grits to prevent clumping. Once added, reduce the heat to low, cover, and stir frequently to prevent sticking. Continue cooking for about 15-20 minutes (or according to package directions for your specific grits) until the water is absorbed and the grits are thick and creamy. Once cooked, stir in the 1/2 cup shredded cheddar cheese, 2 tablespoons butter, and 1/4 cup heavy cream until fully melted and combined. Season with salt and pepper to taste, then cover and set aside to keep warm.

**Season Seafood:** Pat the 4 red snapper fillets and 12 large shrimp dry with paper towels. Evenly season both sides of the snapper and shrimp with the 1 tablespoon of Cajun seasoning.

**Sear Red Snapper:** In a large skillet (preferably cast iron or heavy-bottomed), heat 2 tablespoons of olive oil over medium-high heat until shimmering. Carefully add the seasoned red snapper fillets to the hot skillet. Sear for 3-4 minutes on each side, or until the fish is golden brown, flaky, and cooked through. Remove the cooked snapper from the skillet and set aside on a plate.

**Saut  Shrimp:** In the same skillet (no need to clean it, those bits are flavor!), add the seasoned shrimp. Saut  for 2-3 minutes per side, or until the shrimp turn pink, curl, and are cooked through. Remove the cooked shrimp from the skillet and set aside with the snapper.

**Make the Cajun Cream Sauce:** Lower the heat in the skillet to medium-low. Pour in the 1 cup heavy cream (for sauce). Stir in the 1 teaspoon paprika, 1/2 teaspoon garlic powder, 1/4 teaspoon cayenne pepper, and a pinch of salt and pepper to taste.

Whisk continuously for 2-3 minutes until the sauce gently simmers and begins to thicken to a creamy consistency. Taste and adjust seasonings as needed.

**Serve & Garnish:** To serve, spoon a generous portion of the creamy, cheesy grits onto each plate.

Artfully place a red snapper fillet and several shrimp on top of the grits. Spoon and drizzle the warm Cajun cream sauce generously over the red snapper and shrimp. If desired, garnish with fresh parsley.

**Tips for Success:**

**Prep All Ingredients:** Have your fish and shrimp seasoned, grits cooking, and sauce ingredients measured before you start searing. This dish comes together quickly!

**Don't Overcook Seafood:** Fish and shrimp cook very fast. Overcooking will make them tough or rubbery. Cook just until opaque and cooked through.

**Whisk Grits Constantly:** Especially at the beginning, whisking grits frequently prevents lumps and ensures a smooth, creamy texture.

## DIRECTIONS

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7. **Enjoy this exquisite :** Red Snapper, Shrimp & Grits with a Cajun Cream Sauce!
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10. **Whisk : Grits Constantly:** Especially at the beginning, whisking grits frequently prevents lumps and ensures a smooth, creamy texture.
11. **Adjust : Sauce Consistency:** If your sauce gets too thick, you can thin it with a tablespoon or two of warm water or chicken broth. If it's not thick enough, let it simmer gently for another minute or two.
12. **Use : Fresh Spices:** Fresh, aromatic spices make a huge difference in the flavor of your Cajun cream sauce.
13. **Serving Suggestions and Pairings:** This dish is a complete meal in itself, rich and satisfying. However, you can complement it with a light side like steamed asparagus, collard greens, or a simple green salad with a bright vinaigrette to cut through the richness. For other dishes with a comforting Southern flair, you might enjoy my [This Cajun Chicken Sausage Gumbo Is My Favorite Bowl Of Southern Comfort](#) or [This Tomato Skillet With Okra And Sausage Is My Favorite Quick Dinner Packed With Southern Flavor](#).
14. **Storage and Leftover Tips:** This dish is best enjoyed fresh, as seafood can get rubbery when reheated, and grits can seize up. If you have leftovers, store the grits, seafood, and sauce separately in airtight containers in the refrigerator for up to 1-2 days. To reheat, gently warm the grits with a splash of milk or water on the stovetop until creamy again. Reheat the fish and shrimp briefly in a skillet or microwave, and gently warm the sauce. Combine just before serving.
15. **More Recipes You Will Love:** If you appreciate the rich, comforting, and flavorful dishes found in Southern and American cuisine, explore these other Chefmaniac favorites:
16. For another easy and delicious chicken dish, try [Easy Cheese Stuffed Chicken Wontons With Ranch Golden Crunchy Addictive](#).
17. If you love creamy, cheesy comfort food, my [This Crockpot Nacho Dip Is The Reason I Never Have Leftovers](#) is a must-try.
18. And for a truly classic and satisfying meal, check out

Classic Spaghetti Recipe With Homemade Sauce.

19. Final Thoughts: This Red Snapper, Shrimp & Grits with a Cajun Cream Sauce is more than just a recipe; it's an experience. It brings the soulful, vibrant flavors of Southern cooking right to your table, offering a truly indulgent and satisfying meal that will impress anyone you serve it to. Don't be intimidated by its fancy name - it's approachable and utterly delicious.
20. What are your favorite : Southern-inspired seafood dishes? Share your ideas in the comments below, and don't forget to follow [Chefmaniac.com](https://chefmaniac.com) for more incredible recipes!

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

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