

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

There's something incredibly special about a meal that feels like a celebration, and this



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

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### INGREDIENTS

- 1 lb fish fillets (such as snapper, tilapia, or catfish)
- 1 lb large shrimp, peeled and deveined
- 2 tbsp paprika
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp cayenne pepper
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp salt
- $\frac{1}{2}$  tsp black pepper
- 3 tbsp butter, melted
- 1 cup stone-ground grits
- 4 cups chicken or vegetable broth
- 1 cup heavy cream
- 4 tbsp butter
- 1 cup shredded cheddar cheese
- Salt and black pepper, to taste

#### Swaps and Notes:

**Fish:** Tilapia or catfish are great choices for this recipe because they are firm and hold up well to the blackened seasoning. You can use any fish you like, but be sure it's a firm, white fish.

**Shrimp:** Use large, raw shrimp for the best results. You can buy them already peeled and deveined to save time.

**Seasoning:** The blackened seasoning is key to this recipe. You can adjust the amount of cayenne pepper to your desired level of heat.

**Grits:** Stone-ground grits are best for this recipe. They have a hearty, rich flavor and a great texture. Avoid instant grits, as they will get mushy.

**Cheese:** Sharp cheddar cheese is a classic choice for grits, but you can use any cheese you like! Gruyère or smoked Gouda would also be delicious.

**How to Make Blackened Fish & Shrimp with Creamy Grits:**

**Prep the Seasoning:** In a small bowl, whisk together the paprika, garlic powder, onion powder, cayenne pepper, dried thyme, dried oregano, salt, and black pepper.

**Make the Grits:** In a medium pot, bring the chicken or vegetable broth to a boil. Slowly whisk in the grits. Reduce the heat to a simmer, cover, and cook for 15-20 minutes, stirring occasionally, until the grits are thick and creamy. Stir in the heavy cream, butter, and shredded cheddar cheese until everything is melted and smooth. Season with salt and pepper to taste.

**Prep the Seafood:** Pat the fish fillets and shrimp dry with a paper towel. Dip each piece in the melted butter, then coat them generously in the blackened seasoning.

**Cook the Seafood:** Heat a large cast-iron skillet over medium-high heat. Place the seasoned fish fillets in the hot skillet and cook for 3-4 minutes per side, or until they have a beautiful blackened crust. Remove the fish and set it aside. Add the seasoned shrimp to the same skillet and cook for 2-3 minutes per side, or until they turn pink and are cooked through.

**Serve:** Ladle the creamy grits into bowls. Top with the blackened fish and shrimp. Serve immediately.

**Tips for Success:**

**Use a Cast-Iron Skillet:** A cast-iron skillet is crucial for getting that classic blackened crust. It gets very hot and holds heat well.

**Pat the Seafood Dry:** Patting the fish and shrimp dry before you season them is important. This helps the seasoning stick and prevents them from steaming.

**Don't Overcook:** The fish and shrimp cook very quickly. As soon as they have a blackened crust and the shrimp are pink, they're done.

**Serving Suggestions and Pairings:**

**Storage and Leftover Tips:**

## DIRECTIONS

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8. **Don't : Overcook:** The fish and shrimp cook very quickly. As soon as they have a blackened crust and the shrimp are pink, they're done.
9. **Serving Suggestions and Pairings:** This meal is a complete feast on its own, but it pairs wonderfully with a side of steamed vegetables or a simple green salad. For other great Southern-inspired dishes, you could serve it with a bowl of my Cajun Chicken Sausage Gumbo or with my Tomato Skillet with Okra and Sausage.
10. **Storage and Leftover Tips:** Leftovers are delicious! Store the seafood and grits separately in airtight containers in the refrigerator for up to 2 days. To reheat, warm the grits on the stovetop, adding a splash of broth or milk to thin them out if needed. You can reheat the seafood in a skillet to crisp it up again.
11. **More Recipes You Will Love:** If you're a fan of easy, delicious, and one-pan meals, you'll want to check out some of these other favorites:
12. **My Mexican :** Chicken and Rice Casserole is a fantastic one-pan dinner.
13. **If you need to feed a crowd fast, these :** Sheet Pan Quesadillas are a lifesaver.
14. **For a lazy : Sunday, these Easy Turkey Wings are a must-try.**
15. **Final Thoughts:** This Blackened Fish & Shrimp with Creamy Grits is a recipe that proves a home-cooked meal can be a truly gourmet experience. It's a simple, delicious, and deeply satisfying dish that is perfect for a special dinner. I hope this recipe becomes a new favorite in your home.
16. **If you make this dish, I'd love to hear about it! What's your favorite Southern comfort food? Let me know in the comments below.**

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

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