

## Shrimp and Salmon Over Cheesy Grits - The Ultimate Southern Comfort Seafood Bowl

Shrimp and Salmon Over Cheesy Grits - The Perfect Southern Comfort Seafood Dish



**TIME**  
**25 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

### INGREDIENTS

For the Shrimp:

- 1 pound large shrimp, peeled and deveined
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon cayenne pepper (optional)

Salt and black pepper to taste

Fresh chopped parsley for garnish

For the Salmon:

- 2 salmon fillets
- 1/2 teaspoon lemon pepper seasoning

For the Cheesy Grits:

- 1 cup stone-ground grits
- 4 cups water or chicken broth
- 1 tablespoon butter
- 1/2 cup heavy cream
- 1/2 cup sharp cheddar cheese, shredded
- Salt and pepper to taste

### DIRECTIONS

- 1.** Step 1: Prepare the Grits: In a medium saucepan, bring the water or chicken broth to a boil. Slowly whisk in the stone-ground grits and reduce the heat to low.
- 2.** Simmer for 20-25 minutes, stirring occasionally, until thick and smooth. Once cooked, stir in butter, heavy cream, and shredded cheddar cheese. Season with salt and pepper to taste. Keep warm while preparing the seafood.
- 3.** Step 2: Cook the Shrimp: In a bowl, toss the shrimp with olive oil, smoked paprika, garlic powder, onion powder, cayenne (if using), salt, and black pepper.
- 4.** Heat a skillet over medium-high heat. Add the shrimp and cook for 2-3 minutes per side until pink and opaque. Remove from heat and set aside.
- 5.** Step 3: Cook the Salmon: Pat the salmon fillets dry with paper towels. Rub with olive oil and season with garlic powder, smoked paprika, lemon pepper seasoning, salt, and black pepper.
- 6.** In a skillet over medium-high heat, cook the salmon for about 4-5 minutes per side, or until it flakes easily with a fork. Remove from heat.
- 7.** Step 4: Assemble the Dish: Spoon a generous portion of cheesy grits onto each plate. Top with a salmon fillet and a serving of shrimp. Garnish with freshly chopped parsley and serve immediately.

### SWAPS & NOTES

You can substitute half-and-half for heavy cream if you prefer a lighter version.

Gouda or Monterey Jack can replace cheddar for a different cheese profile.

If you prefer extra heat, add a pinch of red pepper flakes to the shrimp.

Using chicken broth instead of water for the grits adds deeper flavor.

### TIPS FOR SUCCESS

Stir the grits frequently to prevent sticking or clumping.

They cook quickly and become rubbery if left too long.

Let the salmon develop a light crust before flipping for better flavor and texture.

Taste and adjust seasoning at every stage for maximum flavor balance.

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

Original recipe: <https://chefmaniac.com/shrimp-and-salmon-over-cheesy-grits-the-ultimate-southern-comfort-seafood-bowl/>