

Cajun Red Snapper and Shrimp Over Creamy Grits: A Southern Seafood Masterpiece

Red Snapper, Shrimp, Grits & Cajun Cream Sauce



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20 min

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INGREDIENTS

The Protein: 2 red snapper fillets and 1/2 lb of shrimp (peeled and deveined).

The Grits: 1 cup of grits (stone-ground or quick-cooking, depending on your preference) and 2 cups of chicken broth for boiling.

The Cajun Cream Sauce: 1 cup heavy cream, 1 diced onion, 2 cloves of minced garlic, and 1 tsp of your favorite Cajun seasoning.

Seasoning: Salt and pepper to taste.

Garnish: Fresh parsley for a pop of color and freshness.

DIRECTIONS

- 1. Simmer the Grits:** In a medium saucepan, bring your 2 cups of chicken broth to a rolling boil. Slowly whisk in the grits to avoid clumping. Reduce the heat to low, cover the pot, and let it simmer for about 20 minutes (or according to package directions). Stir occasionally to keep the bottom from scorching.
- 2. Season and Sear the Seafood:** While the grits are simmering, pat your red snapper fillets and shrimp dry with paper towels. Season both sides generously with Cajun seasoning, salt, and pepper. Heat a large skillet over medium-high heat with a drizzle of oil. Cook the snapper and shrimp until the fish is flaky and the shrimp are pink and opaque. Remove the seafood from the skillet and set aside on a warm plate.
- 3. Create the Cajun Cream Sauce:** In that same skillet-don't wash it!-add the diced onions and minced garlic. SautØ them until they are soft and translucent, scraping up any browned bits from the seafood. Pour in the heavy cream and bring to a gentle simmer. Let the sauce bubble and reduce until it thickens enough to coat the back of a spoon.
- 4. Assemble and Garnish:** Spoon a generous portion of the savory grits into shallow bowls. Pour the thickened Cajun cream sauce over the grits, then top with a red snapper fillet and a few shrimp. Finish with a sprinkle of fresh parsley.

SWAPS & NOTES

The Grits: I highly recommend cooking your grits in chicken broth rather than water.

It adds a layer of savory depth that water simply can't provide.

For extra indulgence, you can stir in a splash of cream or a pat of butter at the end.

The Fish: If you can't find red snapper, grouper or sea bass are excellent substitutes.

TIPS FOR SUCCESS

Don't Overcook the Shrimp: Shrimp cook incredibly fast (usually 2-3 minutes total).

Take them out as soon as they form a "C" shape; if they curl into an "O," they are overdone!

Fish Skin: If your snapper has skin, sear it skin-side down first to get it nice and crispy.

Consistency Check: If your grits get too thick while waiting for the sauce, just whisk in a small splash of warm broth or water to loosen them up before serving.

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

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