



Red Snapper, Shrimp & Grits with Cajun Cream Sauce



Ingredients for the Red Snapper and Shrimp:

- 2 Red snapper fillets
- ½ lb. Large shrimp, peeled and deveined
- 1 TBLS Cajun seasoning
- 2 TBLS Olive oil
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish)

Ingredients for the Grits:

- 1 Cup stone-ground grits
- 4 Cups water or broth
- ½ Cup heavy cream
- ½ Cup shredded cheddar cheese
- 2 TBLS Butter
- Salt and pepper, to taste

Ingredients for the Cajun Cream Sauce:

- 1 TBLS Butter
- 1 Garlic clove, minced
- ½ Cup heavy cream
- ¼ Cup chicken broth
- 1 TBLS Cajun seasoning
- 1 TBLS Tomato paste
- ¼ Cup diced tomatoes (optional)
- Salt and pepper, to taste

Method:

1. Bring 4 cups of water or broth to a boil. Slowly stir in grits, reduce heat to low, and simmer for 20–25 minutes, stirring occasionally until thick. Stir in cream, cheddar, butter, salt, and pepper until creamy. Keep warm.
2. Season the snapper and shrimp with Cajun seasoning, salt and pepper. Heat 1 TBLS oil in a skillet. Sear snapper skin-side down for 3–4 minutes, flip, and cook another 2–3 minutes. Remove and set aside. Add remaining oil, cook shrimp 2–3 minutes per side until pink. Set aside.
3. In the same skillet, melt butter. Add garlic and sauté 1 minute. Stir in cream, broth, Cajun seasoning, tomato paste, and tomatoes. Simmer 3–4 minutes until thickened. Adjust salt and pepper.
4. Spoon creamy grits onto plates. Top with snapper and shrimp. Drizzle with Cajun cream sauce and garnish with parsley. Serve hot.