

Blackened Cajun Salmon Grits

By Shanna Schad



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Ingredients

- 4 portions (4-5 oz each) Prince William Sound Sockeye salmon
- 2 tbsp olive oil, divided
- 2 tbsp butter
- 1 tbsp freshly squeezed lemon juice
- 2 tbsp Cajun seasoning
- 1 tsp Old Bay seasoning
- 1 tsp smoked paprika
- 1/4 tsp cayenne pepper
- 1/2 tsp kosher salt (only if Cajun does not include)
- 1/2 tsp ground black pepper
- 1 cup quick cooking grits or polenta
- 4 cups broth (chicken or vegetable)
- 2 tbsp unsalted butter
- 1/2 cup half and half
- 1 1/4 cups shredded cheddar cheese
- 1/4 cup shredded smoked gouda
- 1 tsp kosher salt
- 1/2 tsp ground black pepper
- lemon slices
- 1/2 cup finely diced scallion
- Tabasco sauce

Instructions

- Preheat cast iron skillet on medium-high heat
- For grits heat 4 qt saucepan on medium heat
- Bring broth in saucepan to simmer
- Remove salmon bones. Pat dry and cut to desired size
- Brush salmon with olive oil
- Combine seasonings, press non-skin side of salmon into mixture
- Heat remaining olive oil and 1 tbsp butter in skillet
- Cook salmon skin side up 3-4 minutes, then flip and cook 3-4 more minutes
- Remove salmon, add remaining butter and few drops of Tabasco to make a sauce
- While cooking salmon, add grits to simmering broth and whisk for about 5 minutes, until desired thickness
- Remove grits from heat and add remaining ingredients
- Stir, add salt to taste
- Divide grits into bowls, top with salmon and sauce from skillet
- Add diced scallion, tabasco, and lemon slices
- Serve immediately



PRINCE WILLIAM SOUND

WILD ALASKA SOCKEYE

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