

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
- ¼ tsp cayenne pepper
- ½ tsp kosher salt (only if Cajun does not include)
- ½ tsp ground black pepper

- 1 cup quick cooking grits or polenta
- 4 cups broth (chicken or vegetable)
- 2 tbsp unsalted butter
- ½ cup half and half
- 1 ¼ cups shredded cheddar cheese
- ¼ cup shredded smoked gouda
- ½ - 1 tsp kosher salt
- ½ tsp ground black pepper
- Lemon slices
- ½ cup finely diced scallion
- Tabasco

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 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

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