



Cajun Cream Recipe

Servings: 4 people

Calories: 552 kcal

Ingredients

- 2 tablespoon olive oil
- ½ cup chopped onion
- 2 tablespoon minced garlic
- 1 cup white wine
- 1 pint heavy cream
- 1 tablespoon cajun or creole seasoning
- 1 tablespoon smoked sweet paprika seasoning
- 1 teaspoon salt
- 2 tablespoons tomato paste
- 1 tablespoon freshly chopped parsley
- 1/4 cup grated parmesan cheese

Instructions

1. In a large sauté pan, heat 2 tablespoons olive oil over medium heat. When shimmering, add onions. Cook for 2 minutes. Add garlic, cook additional 30 seconds until fragrant.
2. Add the white wine. Let the wine reduce to half – about 3 minutes.
3. Add cajun seasoning, salt, paprika and tomato paste. Stir.
4. Add heavy cream. When the cream mixture is almost bubbling, turn heat to low. Let the cream mixture reduce to half – about 2 minutes. Add

Shrimp and Grits Recipe

Ingredients

- 1 oz salted butter
- 5 - 21/25 Shrimp
- ¼ cup Sliced mushrooms
- 1 tbl diced green bell pepper
- 1 tbl diced red bell pepper
- 4 oz Cajun Cream Sauce
- 1 tbl green onions

In a medium skillet add 1 oz of soften salted butter, 21/25 gulf shrimp, mushrooms, red and green bell peppers and cook until shrimp are pink and curly. When shrimp are fully cooked, add Cajun cream and bring to a boil.

Serve over cheese grits and top with green onion