

# Blackened Drum over Cheddar Cheese Grits

*with Sorrel, Parsley & Chive Salad*

The technique of “blackening” fish is a hallmark of Louisiana Cajun cuisine. The fish is coated in an aromatic blend of herb and spices then seared in a hot pan. The seasonings are allowed to char slightly, giving the fish its characteristic, deep brown or black color. This method releases and blends the essences of the herbs and spices, creating an intensely flavorful, aromatic crust.



## Ingredients

- 4 Sorrel Leaves
- 2 Skinless Drum Fillets
- 2 Ounces Cheddar Cheese
- 2 Teaspoons Cajun Seasoning
- 1 Bunch Chives
- 1 Large Bunch Parsley
- 1 Shallot
- 1 Tablespoon Red Wine Vinegar
- $\frac{3}{4}$  Cup Quick Cooking Yellow Grits

Makes 2 Servings  
About 665 Calories Per Serving





# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Roughly chop the sorrel leaves. Grate the cheese. Chop the chives into ½-inch pieces. Pick the parsley leaves off the stems; discard the stems. Peel and mince the shallot. Place the minced shallot in a small bowl with the **vinaigrette**. Pat the **drum fillets** dry with a paper towel, then season both sides with salt and pepper and coat with **as much of the Cajun seasoning as you'd like**, depending on how spicy you'd like the dish to be.



## Make the vinaigrette:

Season the **shallot-vinegar mixture** with salt and pepper, then slowly whisk in **2 tablespoons of olive oil** until well combined.



## Cook the fish:

In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the **coated fillets** and cook 2 to 3 minutes per side, or until the seasoning is blackened and the fish is cooked through. Transfer the cooked fish to a plate and set aside in a warm place.



## Cook the grits:

In a medium pot, heat **3 cups of water** to boiling on high. Once boiling, whisk in the **grits** and reduce the heat to low. Cook, whisking frequently, 3 to 4 minutes, or until the liquid is absorbed and the grits are tender. Remove from heat and stir in the **cheese** until thoroughly combined. Season with salt and pepper to taste. (If necessary, add a little more water to the grits to achieve your desired consistency.) Set aside in a warm place as you finish cooking.



## Make the salad:

In a medium bowl, combine the **sorrel, parsley and chives**; season with salt and pepper. Add in some of the **vinaigrette** (you may have extra vinaigrette) and toss to thoroughly coat.



## Plate your dish:

Divide the **cheese grits** between 2 plates and top each with a **blackened fish fillet** and half the **salad**. Enjoy!