



**WILLOW  
VALLEY**  
COMMUNITIES



## *Chef Keoni Stryhn's Crab-Crusted Cod with Sweet Potato Hash & Roasted Red Pepper Coulis*

### **Fish:**

6 oz. Cod filets                      4

### **Sweet Potato Hash Ingredients:**

Bacon slices , diced                      3  
Shallot, minced                              1  
Chopped garlic                              1 tsp.  
Celery, diced                                1/3 cup  
Sweet potato, diced                        3 cups  
White wine                                    1/2 cup  
Chicken stock                                2 cups  
Whole grain mustard                        2 tbsp.  
Salt & pepper                                to taste  
Asparagus                                    1 bunch

### **Crab Mixture Ingredients:**

Jumbo lump crab meat                    8 oz.  
Green pepper, diced                        2 tbsp.  
Saltine crackers, crushed                1/2 cup  
Mayo    1 cup  
Egg    1  
Old Bay seasoning                         1 tbsp.  
Dijon mustard                                1 tsp.

### **Red Pepper Coulis Ingredients:**

Red peppers                                    2  
Olive Oil                                        1/2 cup  
Salt & Pepper                                to taste

# Directions

## Sweet Potato Hash:

1. In a sauté pan, crisp the bacon.
2. Cook the shallot, garlic, and celery in bacon fat until tender.
3. Add potatoes and wine. Reduce.
4. Add chicken stock.
5. Simmer until potatoes are tender.
6. Finish with mustard, salt and pepper, and asparagus.

## Crab Mixture:

1. Preheat oven to 350 degrees.
2. Mix all ingredients together in a small bowl.
3. Salt and pepper the fish.

4. Spread 2 oz. of crab mixture on the top of fish.
5. Sauté crab until brown.
6. Bake for 20 minutes.

## Roasted Red Pepper Coulis

1. Preheat oven to 400 degrees.
2. Coat peppers in olive oil and salt and pepper, then wrap in foil.
3. Roast for 30 minutes.
4. Unwrap peppers, removing skin and seeds
5. Place peppers in a blender and blend till smooth, adding olive oil slowly
6. Finish sauce with salt and pepper to taste

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