



## *Cooking with Class*



### **Seared Cod Fillets with Sweet Potato Hash, and Sherry & Scallion Ponzu**

(4 servings)

1 ½ lb cod fillet  
3 cups Ponzu (see ingredients below)  
2 Cups Sherry

#### *Ponzu*

1 cup soy sauce (low sodium)  
½ cup fresh lemon juice  
½ cup fresh lime juice  
1 cup Mirin wine

**Combine all ingredients, mix well and refrigerate until ready to use.**

#### *Sweet Potato Hash*

1 roasted sweet potato, diced  
1 diced red onion  
1 cup wild mushroom, chopped  
1 tsp fresh garlic, chopped  
1 bunch green onions, chopped  
Butter

In a hot sauté pan with oil, add red onion and garlic. Sweat lightly until onions are translucent, add mushrooms. Cook on low for about 5 minutes. Add ½ of the green onions, mix, and remove from heat.

In hot sauté pan with oil, add cod fillets and turn down heat to medium. After cooking approximately 2 minutes on each side, remove fish from pan. Deglaze pan with sherry, add remaining green onions and reduce until sherry is almost gone. Add ponzu and immediately add butter, stirring until all butter is incorporated. Remove from heat.

Serve cod fillets atop sweet potato hash with sauce on the side for dipping.