



## Cajun Dusted Palmetto Sea Bass

*Sweet Potato Hash, Heirloom Roots, Asparagus and Tomato Bacon Stew*

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### **Cajun Dusted Sea Bass**

2 tsp Cajun Spice  
1 Tsp Salt  
½ Tsp. Freshly Ground Pepper  
1 Tsp Canola Oil

Method:

Season all sides of fish with Cajun spice, salt and pepper. Get a cast iron skillet very hot (until smoking), add oil and sear for 2 to 3 minutes on each side.

### **Heirloom Roots**

Peel and blanch rainbow baby carrots 3 to 4 minutes. Then Finish in sauté pan with garlic and canola oil, salt and freshly ground pepper

### **Sweet Potato Hash**

1 cup medium dice sweet potatoes  
½ large Bermuda onion medium dice  
½ yellow and red bell pepper medium dice  
1 ear silver queen corn  
1 tsp minced garlic  
1 tsp salt  
½ tsp freshly cracked pepper  
½ tsp Cajun spice

Method:

Peel and dice sweet potatoes, blanch for 7 to 8 minutes. Sauté onions diced peppers, and garlic, add corn at the end. Season to taste with salt and pepper

## **Asparagus and Tomato Bacon Stew**

1 oz Applewood smoked bacon, cut into ¼ inch lardons

3 tsp coarsely chopped leeks

2 tsp chopped onion

1 tsp minced garlic

Kosher salt and freshly ground pepper

2 oz stewed tomatoes

2 oz asparagus chopped

¼ cup chicken stock

### **Method:**

Pour off 1 to 2 tsp bacon fat from pan, set pan on medium heat, add leeks, onions, and garlic to the fat. Cook for 5 to 7 minutes until vegetables are soft. Add tomatoes with their juice, chicken stock, and bring to a simmer, and cook until for about 15 minutes. Roast Off chopped asparagus and add to stew before serving. Season to taste.