

Escovitch Sauce Ingredients

1 Onion
4 Bell Peppers (Red, Green, Yellow and Orange)
1 Carrot (Shredded or Julienned)
4 Scotch Bonnet Peppers (Red, Green, Yellow and Orange)
Distilled Vinegar
Pimento Seeds (optional)
¼ cup Olive Oil

Fried Fish Ingredients

5lbs Parrot or Red Snapper Fish
1 tbs Salt
1 tbs Pepper
1 tbs Garlic Powder
Vegetable Cooking Oil

Escovitch Sauce Instructions

1. Chop all bell peppers, hot peppers, and onions
2. Julienne carrots (shredded carrots are perfect substitutes)
3. Combine all chopped vegetables and seasoning in a small pot
4. Pour Vinegar on vegetables until it is covered ¾ of the way
5. Pour olive oil in the mixture
6. Place on stove and bring to a boil for 3-5 minutes
7. Remove from stove and pour over the fish

Fish

1. Rinse fish with ¼ cup of vinegar and a bowl of water
2. Remove all fins and scales from the fish
3. Pour the cooking oil in pot to approximately ½ inch high
4. In a small saucer combine salt, pepper, and garlic powder
5. Massage fish with seasoning and let it marinate for 2-3 hours (the longer the better)
6. Place fish in the pot and fry until it is golden brown