

### **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  $\frac{3}{4}$  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