



ROYAL
VOLUNTARY
SERVICE

ESCOVITCH

with Mike Springer

SERVES 4

Ingredients

Escovitch Sauce

- 1 red bell pepper, thinly sliced**
- 1 green bell pepper, thinly sliced**
- 2 carrots, cut into thin strips**
- 1 onion, thinly sliced**
- 1 clove garlic, sliced**
- 1 cup white vinegar**
- 1 tsp sugar**
- 10 sprigs thyme**
- 1 scotch bonnet pepper**

Red Snapper

- 4 Fillets of Red Snapper (skin on, de-boned and de-scaled)**
- 2 tbsp Jerk seasoning**
- 6 tbsp Lime juice**
- 3 tbsp Light Soy sauce**
- 1 Bouquet Garni of fresh Thyme & Rosemary**
- 5 tbsp Olive oil**



Equipment

Medium Sized non-stick frying pan or skillet

1 medium pot

2 chopping boards (one for fish, one for vegetables)

2 sharp knives

2 serving spoons

2 tablespoons

1 spatula

Method

Red Snapper

- 1. Wash fillets of fish and pat dry.**
- 2. Place fillets into a bowl and add jerk seasoning, soya and lime juice, and marinate for 6 hrs (or overnight for the best tasting results), cover and place in fridge.**
- 3. Remove from fridge 1hr before frying.**
- 4. Heat oil in pan and place fish skin side down.**
- 5. Fry until skin has golden caramelisation and is crispy.**
- 6. Flip fillets, turn off the heat and leave the fish to cook in the residual heat for 1-2 minutes. This will ensure fish is moist and flaky.**
- 7. Remove fish from oil onto a tissue/cloth to soak up excess oil.**



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To prepare the marinade:

1. Place bell peppers, carrots, onion, garlic clove, Scotch Bonnet pepper, white vinegar, thyme, sugar, ½ tsp salt and hot pepper in a pan.
2. Bring to a boil, and then allow to simmer for about 3 minutes.
3. Turn off heat and let it sit for 10 minutes.

OUR THANKS TO MIKE SPRINGER FOR THIS GUIDE.

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Registered charity 1015988 (England and Wales) & SC038924 (Scotland).
CS2665b_0720

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