

# Escovitch Fish

Yield: 2 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/escovitch-fish-jamaican-recipe>

## Ingredients:

- 2 pounds fish Fresh
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon brown sugar
- 4 garlic cloves
- 2 onions Medium, Slice thin
- 1 large carrot Cut into thin strips
- 4 Scotch Bonnet pepper
- 2 seed
- 10 berries Pimentos, allspice
- 2 ounces apple cider vinegar
- cooking oil
- 1 lime /lemon To wash the fish

## Nutrition:

1. Calories: 820 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 270 milligrams
4. Fat: 38 grams
5. Fiber: 7 grams
6. Protein: 89 grams
7. SaturatedFat: 5 grams
8. Sodium: 1450 milligrams
9. Sugar: 13 grams

---

Thank you for visiting our website. Hope you enjoy Escovitch Fish above. You can see more 15 escovitch fish jamaican recipe You must try them! to get more great cooking ideas.