

Jamaican Escovitch Fish

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 2 pounds red snapper
- 3 fish
- seasoning
- salt
- pepper
- 1 lime or lemon
- 1/2 cup vegetable oil or more as needed
- 1 bay leaf
- 2 garlic cloves
- 1 teaspoon minced garlic
- 1/2 teaspoon ginger
- 1 medium onion yellow, thinly sliced
- 1 medium carrot Julienne
- 1/2 red bell pepper thinly sliced
- 1/2 yellow bell pepper thinly sliced
- 2 sprigs thyme
- 1 Scotch Bonnet pepper pierced or replace with 1/2 teaspoon cayenne pepper
- 1/2 teaspoon all spice Jamaican
- 1 tablespoon sugar
- 1 teaspoon Worcestershire sauce
- 3/4 cup malt vinegar sub red wine vinegar
- ground white pepper Freshly

Nutrition:

1. Calories: 880 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 220 milligrams
4. Fat: 43 grams
5. Fiber: 4 grams

6. Protein: 92 grams
 7. SaturatedFat: 4 grams
 8. Sodium: 490 milligrams
 9. Sugar: 13 grams
 10. TransFat: 1 grams
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