

# Escoveitched Fish: A Journey into the Heart of Jamaican Cuisine and Culture



Escoveitched fish is a traditional Jamaican dish that is made with fried fish that is marinated in a spicy vinegar sauce. The fish is typically served with

rice and peas, and it is a popular dish for both special occasions and everyday meals.

The origins of escoveitched fish are not entirely clear, but it is thought to have been brought to Jamaica by Spanish settlers in the 16th century. The dish is similar to a Spanish dish called escabeche, which is made with fish that is marinated in vinegar, olive oil, and spices. However, escoveitched fish has its own unique Jamaican flavor, thanks to the use of Scotch bonnet peppers and other local ingredients.



### Escoveitched Fish by Allie Allen

★★★★★ 5 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 81 pages



Escoveitched fish is a relatively simple dish to make, but it is important to use fresh fish and to marinate it for at least 2 hours before cooking. The fish can be fried, baked, or grilled, and it is typically served with a side of rice and peas.

In addition to being a delicious dish, escoveitched fish is also a good source of protein and omega-3 fatty acids. The vinegar in the marinade helps to preserve the fish and to give it a slightly sour flavor. The peppers and other spices add a kick of heat and flavor to the dish.

Escoveitched fish is a popular dish throughout Jamaica, and it is often served at special occasions such as weddings and funerals. The dish is also a popular choice for tourists, and it can be found on the menus of many Jamaican restaurants.

If you are looking for a delicious and authentic Jamaican dish, then you should definitely try escoveitched fish. This dish is sure to please everyone at your table, and it is a great way to experience the flavors of Jamaica.

## **Ingredients**

- 1 pound of fish fillets (such as snapper, tilapia, or cod)
- 1/2 cup of all-purpose flour
- 1 teaspoon of salt
- 1/2 teaspoon of black pepper
- 1/4 cup of vegetable oil
- 1 onion, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 Scotch bonnet pepper, finely chopped (optional)
- 1/2 cup of vinegar
- 1/2 cup of water
- 1 tablespoon of sugar
- 1 teaspoon of dried thyme
- 1/4 teaspoon of allspice

## Instructions

1. Preheat the oven to 375 degrees Fahrenheit.
2. In a shallow bowl, combine the flour, salt, and pepper. Dredge the fish fillets in the flour mixture.
3. Heat the oil in a large skillet over medium heat. Fry the fish fillets for 2-3 minutes per side, or until golden brown and cooked through.
4. Transfer the fish fillets to a baking dish. In a small bowl, whisk together the onion, green bell pepper, Scotch bonnet pepper (if using), vinegar, water, sugar, thyme, and allspice.
5. Pour the marinade over the fish fillets and bake for 15-20 minutes, or until the fish is cooked through and the marinade has thickened.
6. Serve the escoveitched fish with rice and peas.

## Tips

- For a spicier dish, use more Scotch bonnet peppers.
- If you don't have a Scotch bonnet pepper, you can substitute another type of hot pepper, such as a habanero or cayenne pepper.
- Escoveitched fish can be made ahead of time and refrigerated for up to 3 days. Reheat the fish in the oven before serving.

## Variations

- You can use any type of fish fillets to make escoveitched fish. Some popular choices include snapper, tilapia, and cod.
- You can add other vegetables to the marinade, such as carrots, celery, or tomatoes.

- You can also add different spices to the marinade, such as cumin, coriander, or ginger.

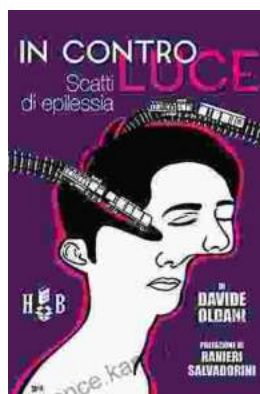
Escoveitched fish is a delicious and authentic Jamaican dish that is sure to please everyone at your table. This dish is a great way to experience the flavors of Jamaica, and it is also a good source of protein and omega-3 fatty acids. So next time you are looking for a new and exciting dish to try, give escoveitched fish a try. You won't be disappointed!



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