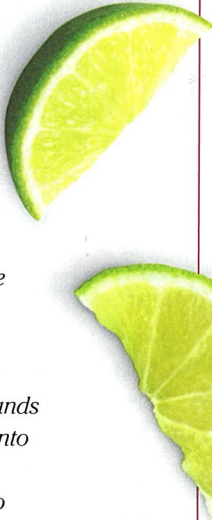

ESCABECHE

This version of South American pickled fish (also called seviche) looks complicated, but is assembled with little kitchen time. After assembling, it is marinated for four days before you serve it, and will keep for a good two weeks afterward, if well refrigerated. Make it with any firm-fleshed white fish (snapper, tilefish, and scrod are good), and serve it with warmed bread and white rice. Perfect for a summertime picnic on the porch.

2 cups unbleached all-purpose flour
4 pounds fish steaks or fillets (½ inch thick)
1½ cups best-quality olive oil
Juice of 1½ limes
⅔ cup white wine vinegar
⅔ cup dry white wine
2⅔ cups green beans, trimmed and cut into julienne
1⅓ cups carrots, peeled and cut into julienne
⅓ cup green olives, pitted, with juice
½ cup imported black olives, pitted, without juice
⅓ cup capers, drained
1 medium-size red onion, peeled and cut into thin rounds
1 small white onion, peeled and cut into thin rounds
2 green bell peppers, stemmed, seeded, and cut into thin rings
2 red bell peppers, stemmed, seeded, and cut into thin rings
1 tablespoon Asian oyster sauce
3 tablespoons coarsely chopped fresh cilantro
3 tablespoons coarsely chopped fresh dill
1 tablespoon mixed dried pickling spice
1 teaspoon salt
Freshly ground black pepper, to taste
1½ tablespoons brown sugar
3 garlic cloves, peeled and finely chopped
1 tablespoon chopped fresh Italian (flat-leaf) parsley, plus extra for garnish

Two lime wedges are shown on the right side of the page. One wedge is positioned higher and further to the right, while the other is lower and closer to the center. Both are cut into triangular shapes, showing the green rind and the yellow-green flesh.

1. Flour the fish lightly. Heat the oil in a large skillet over medium heat. Add the fish and sauté, in batches if necessary, turning frequently, for 3 to 4 minutes. The fish should be just cooked and starting to brown lightly. Remove from the skillet and drain on paper towels.

2. Transfer the drained fish to a large bowl. Combine all the ingredients and pour over the fish. Cover and refrigerate for 4 days, basting at intervals.

3. Toss again, arrange on a large platter, and garnish with additional chopped parsley. Serve immediately.

12 to 14 portions