

Jamaican Fried Snapper

This fried snapper dish is a traditional Jamaican fish recipe called "escovitch." My grandmother made this the night before church so that we could serve it at a large communal meal after the service.

Submitted by Chef Robert

Prep Time:10 mins Cook Time:15 mins Total Time: 25 mins Servings:2 Yield:1 whole fish

Ingredients

- 1 (1 1/2 pound) whole red snapper, cleaned and scaled
- salt and freshly ground black pepper to taste
- 1 quart vegetable oil for frying
- 1 teaspoon vegetable oil
- 1/2 white onion, sliced
- 1/2 large carrot, peeled and cut into thin strips
- 1/8 teaspoon minced garlic
- 1/4 cup white vinegar
- 1 tablespoon water
- 3/4 teaspoon salt
- 1/4 habanero pepper, seeded and minced
- 1 sprig fresh thyme, leaves stripped
- 1 allspice berry, cracked
- 1 pinch brown sugar



Directions

1. Pat fish dry; cut 3 small slits on each side of fish. Season all over with salt and pepper.
2. Heat 1-quart of oil in a large skillet over medium-high heat until smoking. Fry fish in hot oil until browned and crisp, about 5 minutes per side. Remove fish and place on a paper towel-lined plate.
3. Heat 1 teaspoon of oil in a large skillet over medium-high heat. Add onion, carrot, and garlic; cook and stir for 1 to 2 minutes.
4. Add vinegar, water, salt, habanero pepper, thyme, allspice, and sugar; continue cooking until liquid has reduced, about 5 minutes. Spoon onion mixture over fried fish to serve.