

“Escovitch” Grilled Snapper Fillet

2 x 180g each Snapper Fillets (or any firm white sea fish)

1 large carrot – peeled and cut into thin strips

1 clove garlic – chopped finely

2 tbsp olive oil

½ white onion – sliced

½ red onion – sliced

100 ml dry white wine

4 tbsp white wine vinegar

½ Scotch Bonnet Pepper

Salt and Black Pepper to taste

2 tbsp butter

juice of ½ lime

METHOD

Sauté carrot and garlic in olive oil

Add white and red onion

Add white wine, bring to a boil and reduce by half

Add Vinegar and scotch bonnet pepper and simmer for 1 minute

Adjust seasoning with a pinch of salt and black pepper

Fold in cold butter and lime juice and keep warm

Season Fish Fillet with Salt, Black Pepper fresh thyme and Lime Juice



Heat 2 tbsp of Olive oil in a heavy nonstick frying pan. Allow oil to get very hot

Pan-sear Fish fillets for 2 minutes on each side – or until golden brown and cooked

During this process, add a small cube of unsalted butter and a small sprig of fresh thyme and continuously baste fish

Place on individual plates or serving platter and cover with Escovitch Veggies and Sauce

Roasted Corn Fritters

1 each corn on the cob

2 cloves garlic – chopped finely

Small sprig scallion – finely chopped

1 small onion – finely chopped

Small sprig fresh thyme (chopped)

Little chopped scotch bonnet pepper (optional / to taste)

3 tbsp olive oil

About 4 oz Flour

1 teaspoon Baking Powder

About 3-4 oz Milk

METHOD

Brush corn with a little olive oil and season with salt and black pepper.

Using your char grill or your overhead broiler, roast corn until caramelized and soft.

Allow to cool and remove kernels from husk.

In a frying pan or skillet, heat olive oil.



Add onion, garlic, scallion, thyme, scotch bonnet pepper and sauté for 2 minutes.

Add kernel corn and season with a little salt and black pepper.

In a separate bowl mix flour with baking powder.

Add corn mixture to the flour.

Gradually add milk – the idea is to get a thick porridge texture like batter.

Heat vegetable oil or shortening in a deep skillet.

Using a tablespoon, drop in Fritters.

Fry for about 2- 3 minutes, or until cooked all the way through.

