

Filipino Fish Escabeche

Savannah · 30/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

4

Description

This Filipino escabeche is served with a sweet vinegar sauce with onion and red bell pepper. This recipe works well with any white fish like tilapia, cod, or halibut.

Ingredients

- 1 cup oil for frying - 1 (4 ounce) whole tilapia
- cleaned and scaled - salt to taste - 3 tablespoons olive oil - 1 onion
- chopped - 2 cloves garlic
- minced - 1 red bell pepper
- cut into chunks - 1 (1 inch) piece ginger
- thinly sliced crosswise
- or to taste - 1 ¼ cups water - 1 cup distilled white vinegar - 5 tablespoons white sugar - salt and ground black pepper to taste - 1 tablespoon cornstarch

Instructions

1. Heat oil in a deep fryer or large saucepan to 350 degrees F (175 degrees C). Pat fish dry with a paper towel. Cut 2 to 3 slits on either side of fish; sprinkle salt on top. Fry in hot oil until browned
2. about 2 minutes per side. Heat olive oil in a skillet over medium-high heat. Sauté onion and garlic until onion is translucent
3. about 5 minutes. Add red bell pepper and ginger; sauté until fragrant
4. about 2 minutes. Mix water
5. vinegar
6. and sugar together in a bowl; pour into onion mixture in the skillet. Cover and bring to a boil. Cook until slightly reduced
7. about 2 minutes. Season with salt and pepper. Add cornstarch. Boil
8. stirring often
9. until sauce is thickened
10. about 5 minutes. Pour sauce over fish. From the Editor We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
11. ingredient density
12. and specific type of oil used.