

ESCEBECHE FISH

Chef Robin Leventhal



Ingredients:

- 1 lb Fish per 2-3 people for entrée portion (I like Snapper and Salmon, use your favorite)
- 1 ea Jalapeno Slivered cross wise, seeds included into rings
- 1 ea Fresno Chili (red Jalapenos) Slivered crosswise, seeds included into rings
- 1 ea Small Red Onion Slivered Crosswise into rings
- 1 c Red Wine Vinegar
- 1 c Rice Wine Vinegar
- 1 c Distilled White Vinegar
- ¾ c Sugar
- 2 tsp Garlic - minced
- 2 tsp Ginger – Grated
- S & P Kosher or Sea Salt preferred

Procedure:

1. Sliver Red Onions and cover with Red Wine Vinegar, let rest.
2. Season fish with kosher salt & pepper.
3. Heat a skillet, add vegetable oil and sear fish on both sides until almost done. This will vary depending on the cut and type of fish. For a filet about 4 minutes total, for a steak closer to 7 minutes.
4. Place the almost finished fish in a dish with edges high enough to hold the pickling liquid and refrigerate. .
5. In a sauce pot sauté garlic until just beginning to toast.
6. Add ginger, marinating onions, sugar and all the vinegars to the pot and bring to a boil.
7. Remove from heat, add the jalapeno & fresno chili to the hot vinegar, then pour entire contents over the fish to pickle over night or longer. I like to pile the onions and chilies on top of the fish for a more direct infusion. Make sure the liquid gets under the fish as well to ensure and even pickle.

NOTES: If you are not a fan of spice use less chili and jalapeno, or none at all and substitute Red Bell Pepper

This is a great summer dish that works well with any fish and makes a perfect meal served on a salad.

Here I did it with a Grilled Romaine Salad and Toasted Cumin-Lime Vinaigrette. Topped with Roasted Red Peppers, Sweet Corn & Avocado make a nice combination for a delicious and satisfying meal! And it's 100% guilt free!

Avocado Vinaigrette

Ingredients:

2 ea. Avocado
1 ea Jalapeno roasted, seeded, peeled and minced
2 t. Minced garlic
1 Lime juiced
2 T. Honey
2 c. Rice Wine Vinegar
2 t. Toasted cumin
2 T. Minced cilantro
1 ½ c. Olive oil
Salt to taste

Procedure:

Add all ingredients in blender except oil. Puree, then slowly stream in oil to create emulsification, label and store.

