

Escovitch Dressing

Recipe Card

** Add escovitch dressing to
yuor fish for more Island Flavor!*

Ingredients:

1/2 green bell pepper, julienned
1/2 red bell pepper, julienned
1 carrot, julienned
1 small onion, sliced in rings
3 Tbsp cooking oil
2/3 cup vinegar
1/2 tsp salt
1 tsp hot pepper sauce
1/2 scotch bonnet pepper,
seed removed and chopped

1. Cut and chop vegetables, set aside.
2. Put vinegar and oil into a saucepan and bring to a boil.
3. Add carrots and let simmer for about a minute.
4. Add salt and pepper sauce to saucepan.
5. Add red and green bell peppers and simmer for a minute
6. Add onion and simmer for about 5 minutes or until the onion is transparent.
7. Add scotch bonnet pepper and stir.
8. Spoon dressing on top of fish.

Enjoy!

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