

Jamaican Escovitch Carp

Recipe courtesy of Chef Ricky Moore

SERVES 4



INGREDIENTS

- 2 pounds whole carp, rinsed/scored on both sides
- 1 lemon or lime cut in half
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- ½ cup vegetable oil
- 2 cloves garlic, minced
- ½ teaspoon chopped fresh ginger
- 1 bay leaf
- 2 sprigs thyme
- ½ red bell pepper, julienne
- ½ yellow bell pepper, julienne
- 1 medium yellow onion, julienne
- 1 medium carrot, julienne
- 1 Scotch bonnet pepper
- 1 tablespoon sugar
- ½ teaspoon ground Jamaican allspice
- 1 teaspoon Worcestershire sauce
- ¾ cup coconut vinegar
- Freshly ground white pepper, to taste

DIRECTIONS

Heat oven to warm. Place a cooling rack in a baking sheet and set aside. Rub the fish on all sides with the lemon or lime halves. Sprinkle all over with salt and pepper.

Place the oil in a large cast iron skillet and set over medium heat until the oil shimmers. Carefully add the fish and cook on each side until skin is crispy and the fish is cooked through, about 5 to 7 minutes per side. Remove the fish to prepared baking sheet and place in oven to keep warm. Remove all but 3 tablespoons of oil from the skillet.

Decrease the heat to low and add the garlic, ginger and bay leaf to the skillet and cook for about 1 minute, stirring continually, making sure the garlic does not burn. Add the thyme, red bell pepper, yellow bell pepper, carrots, Scotch bonnet, sugar, allspice and Worcestershire sauce and stir to combine. Cook for 2 to 3 minutes or until the peppers have softened slightly. Add the coconut vinegar and simmer for 2 to 3 minutes more, stirring occasionally.

Remove the bay leaf and thyme sprigs. Taste and season with white pepper to taste. Transfer the fish to a deep platter or baking dish. Pour the liquid and vegetables over the fish and serve.