
Snapper Escabeche

Jessica D'Ambrosio, Richmond Flores, Melissa Gaman, Khalil Hymore, Steve Jackson and Jackie Park
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Servings: 4

Start to Finish Time: 40 minutes

3 tablespoons vegetable oil

3 cloves garlic, minced

1 piece (one-inch) ginger, peeled and cut into thin matchsticks

1/2 cup coconut or rice wine vinegar

1/2 cup pineapple juice

3 tablespoons fish sauce

1/4 cup packed light brown sugar

1/2 cup ketchup

1 bunch scallions

2 red bell peppers, cut into quarters

Kosher salt

freshly ground black peppers

4 (4 to 5 ounce) skin-on red snapper fillets

2 cups cooked jasmine rice

Preheat a grill to medium-high. Heat two tablespoons of vegetable oil in a medium saucepan over medium heat. Add the garlic and ginger. Cook, stirring, until softened, about 2 minutes. Whisk in the vinegar, pineapple juice, fish sauce, brown sugar and ketchup. Bring to a steady simmer. and cook until reduced by almost half, about 10 minutes.

Meanwhile, combine the scallions and bell peppers in a medium bowl with the remaining one tablespoon of vegetable oil. Season with salt and pepper and toss. Grill until well marked and tender, about 2 minutes per side for the scallions and 3 minutes per side for the peppers.

Score the skin side of the snapper fillets, making a few small slashes. Pat dry. Brush both sides of the fillets with vegetable oil and season with salt and pepper. Lightly oil the grill grates. Grill the fish, skin-side down, covered, until it's cooked around the edges, 3 to 4 minutes. Flip and cook through, 3 to 4 more minutes.

Cut the scallions into three-inch pieces and cut the peppers into 1/4-inch strips. Divide the vegetables and fish among the plates. Pour some of the sauce on top and serve the rest on the side.

Serve with the rice.

Seafood

Per Serving (excluding unknown items): 242 Calories; 12g Fat (43.4% calories from fat); 1g Protein; 34g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 364mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates.