

DINNER

Sunny's Fish Escovitch

21 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
95 min	20 min	75 min	4	\$5.69	352 kcal

Sunny's Fish Escovitch takes roughly 1 hour and 35 minutes from beginning to end. This gluten free, dairy free, and pescatarian recipe serves 4 and costs \$5.69 per serving. One portion of this dish contains roughly 42g of protein, 11g of fat, and a total of 352 calories. This recipe is liked by 1 fo...

Ingredients

- ☐ ½ cup apple cider vinegar
- ☐ 1 large carrot, peeled and julienned
- ☐ ½ cup dry white wine
- ☐ 4 servings Kosher salt
- ☐ 5 to 6 whole black peppercorns
- ☐ 1 teaspoon sugar
- ☐ 1 Vidalia onion, peeled, halved and thinly sliced
- ☐ 4 servings Freshly ground black pepper
- ☐ 1 cucumber, peeled, seeded and julienned
- ☐ ¼ teaspoon ground allspice
- ☐ 1 lime, halved
- ☐ 2 pound striped bass fillets, skin-on
- ☐ ½ cup vegetable oil

EQUIPMENT Bowl, Frying pan, Pot

Method

- 1

Put the vinegar, wine, peppercorns, sugar, allspice, and a pinch of salt in a sauce pot over medium heat. Bring to a simmer, stirring until the sugar dissolves.
- 2

Add the carrot and onion and cook until crisp but tender, about 8 minutes.

- 3 Remove from the heat, add the cucumber and put into a small bowl. Discard the peppercorns. Set aside until ready to use or refrigerate for 1 hour, if desired.
- 4 Heat the vegetable oil in a large skillet over medium-high heat.
- 5 Rinse the fish fillets and pat dry. Coat them in lime juice, season with salt and pepper and flour both sides. Carefully, add the fish, skin side down, to the skillet and fry until the bottom is golden and releases easily from the pan, about 3 minutes. Flip the fillets and sear until cooked through, about 2 to 3 minutes.
- 6 Transfer the fish to a nonreactive serving platter.
- 7 Serve warm or cold, pouring the pickled garnish over fish just before serving. If serving cold, refrigerate separately.

Nutrition per serving

352	42 g	11 g	14 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2 g · 13% of daily needs
Fibre			2.3 g · 9% of daily needs
Sugar			7.7 g · 9% of daily needs
Sodium			374 mg · 16% of daily needs
Cholesterol			181 mg · 60% of daily needs
Vitamin C			12.4 mg · 15% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/sunnys-fish-escovitch-144289