



# Escovitch Black Sea Bass



Chef Maux Morgan

*chef*

*ingredients*

Fresh Food Generation is a food truck, catering, and home delivery business. They've crafted a menu that bridges our love for local farming with our passion for feel good, comfort food. They combine New England ingredients with bold Caribbean and Southern flavors to create a meal that's enticing and fresh. Chef Maux of Fresh Food Generation possesses a diverse knowledge of cuisines, specializing in the Caribbean and Italian experience. She has 8 years of professional cooking experience in diverse dining establishments and previously worked at Mida.



## Escovitch Black Sea Bass

Ingredients for  
Salted Crust Mix-  
ture:

- 3 cups of salt
- 1/2 cup of egg whites
- 1/4 cup dried bay leaves
- 1/2 cup dried thyme

Ingredients for  
Sautéed Vegeta-  
bles:

- 1/2 fennel bulb medium slices
- 1 small bunch of callaloo, roughly

- chopped
- 1/2 small red onion, sliced
- 1 tablespoon of olive oil

Ingredients for  
Escovitch Sauce:

- 1 medium Spanish onion, thinly sliced
- 1/2 yellow bell pepper, thinly sliced
- 1/2 green pepper, thinly sliced
- 1 carrot, julienned
- 2 cloves of minced garlic

- 1/2 teaspoon ginger, minced
- 2 sprigs of fresh thyme
- 1 whole bay leaf
- 1 Jamaican scotch bonnet pepper
- 1 tbsp. sugar
- 1 teaspoon Worcestershire sauce
- 1 cup red wine vinegar
- 1/2 teaspoon of ground allspice



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*How-to*

**Preparing the Salted Crust Mixture:** Combine all the salted crust ingredients above into a sand-like texture for use to coat the whole fish. Set aside.

**Preparing the Sautéed Vegetables:** Combine onions and fennel and saute in a pan with olive oil for about 5 minutes. Toss in callaloo, a popular Jamaican green that also grows in New England, and cook for 2 more minutes. Set aside sauteed vegetables and let cool to room temperature.

**Preparing the Escovitch Sauce:** Stir together all of the ingredients listed above and set aside.

**Cooking the Whole 2lb. Black Sea Bass:** Heat oven to 400°. Stuff the cavity of the whole fish with the sauteed vegetables. Completely cover fish with crust mixture. Place the whole fish on a lightly oiled flat pan or baking sheet and place in the heated oven for 25 minutes. (Fish is cooked when the salted crusted shell is hard.). Take out fish from the oven and remove the salted crust.

**Serving the Dish:** Flake the fish to form filets. Place sautéed vegetables on a plate. Place the filet pieces on top of the vegetables. Pour escovitch sauce over the fish and vegetables.

