



*"Bluefish are rich and succulent, liking to be flavored with fiesty spice mixtures like Jerk, Curry, and Berber. I mix two complementary styles of cuisine with a Vietnamese style caramel with the added heat or Jamaican Jerk. Both cultures love aromatics like allspice, star anise, ginger, and cinnamon. Enjoy this sweet yet sizzling fish with extra caramel for other dishes in the future."*

- Chef Nelson



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## ingredients

- 4 (6-ounce) skin-on local bluefish fillets (or substitute local mackerel)
- 1 tablespoon coconut oil
- 2 cups sugar
- Zest of 1 lime
- 2 red onion, minced (about 2 cups)
- 1 scotch bonnet pepper
- 2 star anise pods
- 3 allspice berries
- One 2-inch cinnamon stick
- 4 sprigs of thyme
- 1 bay leaf
- 2 teaspoons fresh ground black pepper
- 1/2 cup Asian fish sauce
- 1 tablespoon Jerk paste of choice or to taste



## instructions

In a heavy-bottomed medium saucepan, combine the sugar, lime zest and 1/4 cup of water and bring to a boil. Use a wet pastry brush down the sugar crystals on the side of the pan as it reduces. Boil undisturbed over moderately low heat until a deep amber caramel forms, about 20 minutes. Stir in the red onion, pepper, star anise, allspice, cinnamon, thyme, bay leaf, Jerk paste, and pepper (If you don't want a hard time fishing out of the sauce, put in cheesecloth). Remove the saucepan from the heat and carefully whisk in the fish sauce and 1/4 cup of water. Place back on the heat and stir over moderate heat until the caramel is dissolved and syrupy. Pour the sauce into a heatproof bowl and let cool completely. Remove the aromatics. Use immediately or refrigerate in a jar.

Brush fish all over with coconut oil. Place fish, skin-side-down in a hot pan. Saute and simmer, basting fish frequently with a couple of tablespoons of caramel sauce per fish filet, for 2 minutes; carefully turn fish and continue cooking until fish is just cooked through, 2 to 3 minutes longer. Transfer fish to a serving plate and garnish with minced red onion and scotch bonnet pepper. Drizzle with additional sauce. Serve over rice, if desired.