

Name of Dish: “Eskabeche”

Eskabeche comes from the Diocese of Chalan Kanoa, located in the Northern Mariana Islands. These islands were first inhabited centuries ago by the Chamorro people, who have common ancestors with the native people of the Philippines.

Eskabeche is popular among the Chamorro people and is made with fried fish and vegetables. This dish is very similar to the original Spanish version, except for the use of turmeric (or ginger) instead of paprika as the main flavoring (and coloring) ingredient. This traditional dish is something families eat during the Fridays of Lent, as well as for Christmas Eve Day.

Try your hand at this delicious Chamorro Lenten recipe this season!



Prep: 30 mins

Cook: 15 mins

Total: 45 mins

Servings: 4

Ingredients

- 1 medium size fish or 2 smaller ones (can be any white fish like tilapia, parrot fish, or orange roughy)
- ½ cup oil for frying fish
- Either 1 large eggplant or 4 medium long (Japanese or Chinese) eggplants, sliced lengthwise, ¼ inch thick
- ½ pound pechay (can be substituted with any favorite veggies, like string beans, tomato wedges, wing beans or bell peppers.)
- ¼ of a Chinese cabbage
- A few wing beans or string beans
- 1 can coconut milk
- 1 teaspoon salt
- 2 tablespoon vinegar
- 1-½ teaspoon turmeric powder
- 1 pinch ground black pepper
- 3 garlic cloves
- ½ yellow onion
- 2 tablespoon olive oil
- Some red whole peppers for garnish

Directions

- **Step 1**
Rub little salt on fish and fry until golden brown. Set aside.
- **Step 2**
Slice the eggplants, pechay, cabbage, and beans and blanch in boiling water. Set aside.
- **Step 3**

Mix coconut milk, salt, vinegar, turmeric powder, black pepper in a separate bowl.

- **Step 4**
Sautee garlic and onions in heated olive oil in a pot.
- **Step 5**
Pour coconut milk mixture into the heated pot and boil for a minute while stirring.
- **Step 6**
Arrange fish and the blanched vegetables in a dish.
- **Step 7**
Pour sauce evenly over the vegetables.
- **Step 8**
Garnish with a whole red pepper, then serve.