

# Eskabeche

**Makes**  
12 servings

**Prep time**  
20 minutes

**Cook time**  
30 minutes

**Good source of**  
Fiber  
Protein

## Ingredients:

- 4 tsp. vegetable or canola oil
- 2 lbs. frozen basa or swai fish, thawed
- 10 cups water, divided
- 4 bunches bokchoy or other leafy greens
- 4 cups long beans, sliced
- 1 large carrot, sliced into sticks
- 1 medium eggplant, sliced
- 1 medium yellow onion, sliced
- 5 garlic cloves, diced
- ¾ cup mangu', or fresh yellow ginger\*, finely minced
- ¾ cups vinegar
- 1 tsp. salt
- ½ tsp. black pepper

Green onions for garnish

\*1 tsp. turmeric powder can be substituted for yellow ginger

## Nutrition Facts

12 servings per container  
Serving size 1 (291g)

Amount per serving  
**Calories 180**

% Daily Value\*

Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 240mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 17g</b>	
Vitamin D 9mcg	45%
Calcium 81mg	6%
Iron 5mg	30%
Potassium 721mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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## Directions:

1. Lightly season fish fillets and sear to medium with 2 tsp. canola oil. Remove from pan and set aside.
2. In a medium pot, add vegetables separately in order of leafy greens, then green beans, carrots, and eggplant. Par boil for at least 2 minutes. Transfer to strainer to drain, and set aside.
3. With remaining oil, saute onions and garlic in pot until tender.
4. Add water, vinegar, ground turmeric, salt, black pepper. Bring to a boil and cook for 2 minutes, or until yellowish color is visible.
5. Place the cooked fish in the saute sauce for a few seconds.
6. Remove fish from sauce and place on serving dish.
7. Add the par boiled vegetables to the saute pot and cook for a few minutes.
8. Layer the cooked vegetables and sauce on top of the fish in the serving dish.
9. Garnish with diced green onions and bell peppers.

