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by ewfood

Lapu-Lapu Escabeche

Ingredients

2lb. Lapu Lapu or any grouper or other meaty fish, cleaned
1 ½ tsp. salt (for the fish)
7fl oz. vegetable oil
½ tsp salt (for the sauce)
1 piece ginger, 2cm in size, sliced into strips
5fl oz. white vinegar
2oz. brown sugar
1 oz. ketchup
0.5oz. corn starch mixed with 1oz. water creating a paste
3 cloves garlic, crushed
2 onions, quartered
½ red pepper, sliced
½ green pepper sliced
1 carrot, julienned
2 tomatoes, cut into wedges
3 spring onions, sliced

Servings

4

Person

Preparation Time

15

min

Cooking Time

30

min

Cooks Note

Preparation time: 15 minutes; Cooking time: 30 minutes; Serves 4
