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Posted on 17 September 2012  
*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

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