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BE111 Section 6

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Chamorro Escabeche

Ingredients

- String beans
- Cabbage, cut into large pieces
- Eggplant sliced
- Coconut milk
- Vinegar
- Turmeric
- Fish
- Black pepper
- Salt

Directions

Step 1: Season fish with salt and pepper then fry the fish.

Step 2: Stir fry the eggplant, string beans, and cabbage. Then add the vinegar, turmeric, and coconut milk.

Step 3: Lay fish in a baking pan

Step 4: Pour vegetable and sauce mixture on top of fish.