



ROCKY'S KITCHEN · PANAMA CANAL CATCH

Canal-Style Peacock Bass Escabeche

Crisp fish, pickled peppers, onions, capers & citrus vinegar

YIELD

Serves 4

PREP

25 min

COOK

25 min

TOTAL

50 min

INGREDIENTS

FISH

- 4 peacock bass fillets, 6–8 oz each
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 1/2 cup all-purpose flour or rice flour
- 3 tbsp neutral oil

WARM ESCABECHE

- 1 medium red onion, thin half-moons
- 1 red bell pepper, thin strips
- 1 small carrot, thin matchsticks
- 3 garlic cloves, thinly sliced
- Up to 1 tsp thinly sliced ají chombo (optional; wear gloves)
- 1/2 cup white-wine or cane vinegar
- 1/3 cup fresh orange juice
- 2 tbsp lime juice
- 1 tbsp capers
- 1 tsp dried oregano
- 1 bay leaf
- 1 tsp honey or brown sugar
- 2 tbsp olive oil
- 2 tbsp chopped cilantro or 1 tbsp culantro
- 4 cups hot cooked rice or 8 patacones

METHOD

1

SEASON AND DUST

Pat fish dry, check for bones, and season. Dust lightly in flour; shake off every bit of excess.

2

SEAR UNTIL GOLDEN

Heat neutral oil in a wide skillet over medium-high. Sear fish 3–5 minutes per side, depending on thickness, until golden and 145°F inside. Transfer to a platter.

3

SOFTEN THE VEGETABLES

Lower heat to medium. Add onion, bell pepper, carrot, garlic, and chile; cook 3–4 minutes so they soften but retain bite.

4

BUILD THE PICKLE

Add vinegar, orange juice, lime, capers, oregano, bay, and honey. Simmer 3 minutes. Remove from heat and stir in olive oil.

5

MARRY THE FLAVORS

Spoon hot escabeche over fish. Rest 10 minutes. Finish with herbs and serve warm or at room temperature with rice or patacones.

ROCKY'S NOTES

- Rice flour gives the lightest crust. For a gluten-free dish, use certified gluten-free rice flour and prevent cross-contact.
- Refrigerate within 1 hour above 90°F, otherwise within 2 hours; enjoy within 2 days.
- Scale the ají chombo carefully—it can move from bright to brutal fast. Avoid touching eyes and wash the knife and board well.